

Southern Ocean Oral Surgery & Implant Center
Dr. Anthony Navilio (609) 978-1300

Post Surgical Care Instructions

1. Please keep gauze pack(s) with pressure against the surgical sites for 45-60 minutes from the time they were placed in our office. At that point you can remove them and check the sites (NOT the gauze) for signs of bleeding. Some oozing of blood is normal for up to 24 hours. Heavier bleeding can be controlled by placing more gauze, rolled in to a ball, with pressure directly over the surgical sites. You may moisten the gauze (not soak) with either cool water or the prescription rinse you were given prior to placement. Once you place the gauze leave it in for at least 30 minutes prior to taking it out and rechecking. **DO NOT** take the gauze in/out every few minutes to check as this will likely cause more bleeding.
2. Do not rinse, spit, or use a straw for 24 hours post op as this will dislodge the clot and cause bleeding. After 24 hours then continue and finish your prescription rinse morning and night, and after meals use warm water with either a pinch of salt or a capful of peroxide to rinse the surgical areas. If you had bone grafting or dental implants refill and continue the rinse for 2 months (bone grafting) or 4 months (implants)
3. If bleeding persists after changing the gauze then instead of gauze use a regular teabag, remove the string, moisten and place directly over the surgical sites for 20-30 minutes at a time. This will promote formation of the clot.
4. Apply ice to the face near the surgical sites for 20 minutes on and 20-30 minutes off for 24-36 hours post op. After 48 hours if there is swelling than apply MOIST heat such as a washcloth or hot water bottle to the area for 20 minutes at a time, 3-4 times a day. Do not apply ice after 36 hours as it will delay the healing.
5. you were prescribed pain medication than try and take it before the numbness wears off, with food and a large glass of water. DO NOT take on an empty stomach as it is more likely to cause stomach upset. If you are able to take ibuprofen (Advil) then you may take 2-3 over the counter tablets (400-600mg) every 6 hours along with the prescription pain medication. They do not interact and actually work very well together. If you cannot take Advil or NSAIDs then 2 extra strength Tylenol is ok.
6. For the first 24 hours stick to a soft diet, and keep the temperature of the foods and liquids at or below room temperature, NOTHING hot. After 24 hours resume your normal diet, but staying away from sharp, crunchy foods (pretzels, etc.), and small seeds and nuts as they will lodge in the socket and be uncomfortable.
7. You may continue your normal oral hygiene routine the day after given to you by your Dentist or Hygienist, being extra careful around the surgical sites not to traumatize the areas or pull on the sutures.
8. Be sure to FINISH all your prescriptions. Avoid heavy, strenuous activity, work, or exercise for 3-5 days post op. If you had all four impacted wisdom teeth removed extend this to 5-7 days post op.
9. If you have any questions at all please do not hesitate to call the office at the number above.