



POST OPERATIVE INSTRUCTIONS FOLLOWING SURGICAL PROCEDURE

BLEEDING: Remove the gauze in 20-30 minutes. DO NOT disrupt the blood clot that is forming. If bleeding persists or becomes heavy you may substitute a black tea bag (soaked in water, squeezed damp-dry and wrapped in gauze) for 20 or 30 minutes with firm pressure over the bleeding site for no shorter than 30 minutes. If bleeding continues, call the doctor immediately.

DISCOMFORT: Unfortunately, most oral surgery is accompanied by some degree of discomfort. The third or fourth day after surgery is often the peak of swelling and discomfort. This is normal and to be expected. Dr. Reid has prescribed pain medication for you, which you should take as directed. Please take your first dose of pain medication prior to the numbness subsiding. Consume a small amount of food prior to any type of pain medication in order to reduce the risk of upset stomach.

Our recommended regimen of pain medication is as follows: **Ibuprofen 600mg and Tylenol 500mg every 6 hours for the first 72 hours after your procedure.** Narcotic pain medications can be used to treat breakthrough pain on an as needed basis. If you consume Narcotic pain medication be aware that it contains Tylenol also. Do not consume greater than 3000mg of Tylenol in a 24-hour period.

SWELLING: Moderate swelling is to be expected and need not cause alarm. It can be minimized by using a cold pack, ice bag, or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 48 hours after surgery. After the first 48 hours, if an external application is desired, discontinue the ice and use moist heat or heating pad. This enhances circulation to the area and helps excess tissue fluids to be carried off. Swelling usually resolves in four to five days. Sleep with an extra pillow, keeping head elevated.

ORAL HYGIENE: Keeping your mouth clean after surgery is essential to your healing process. After the first day, gentle saline rinses (1/2 level teaspoon of salt to an 8oz. glass of warm water) or the prescribed chlorhexidine rinse should be utilized three to four times a day, especially following meals. You need to do these rinses for 7 to 10 days. Teeth may be brushed as usual, but care should be taken in the surgical area. Begin your normal oral hygiene routine after 24 hours following surgery to minimize inflammation and risk of infection. *If you were given a **Syringe, do NOT use this until 7 days AFTER** the procedure. It is critical that gentle care be taken with the extraction sites for the first week.

DIET: AVOID eating hard, tough, or rough foods (chips, popcorn, nuts, caramels) It is best to chew in areas of the mouth away from where the procedure was completed. Your diet should be modified the first few days to include soft foods (Yogurt, pudding, Jello-O®, milkshakes, ice cream, oatmeal, Ensure®, soups, baby food/pureed foods, fish, chicken, mashed potatoes, macaroni and cheese, and cooked vegetables) and plentiful liquids. Avoid extremely hot foods. Advance to your regular diet as quickly as you are able.

SUTURES: If stitches were placed, they are dissolvable and may begin to come loose in the first 48 hours following surgery.

DRY SOCKET--If after 5 to 7 days following the surgery the discomfort becomes greater rather than less, you may have developed a dry socket. Please call the office and we can treat this. To prevent a dry socket:

- Do not smoke for a minimum of 3 days
- Do not use drinking straws
- Do not spit repeatedly or play with the area with your tongue
- Do not rinse or brush for the first 24 hours
- Do not use Peroxide
- Do not drink alcoholic/carbonated beverages for a minimum of 3 days

PRESCRIPTIONS AND/OR ADDITIONAL NOTES:

If you have any questions or concerns, please do not hesitate to call the doctor at: 970-449-0824