

ROCK CREEK



ORAL SURGERY SPECIALISTS

Post-Op Instructions

Please make sure we have your correct pharmacy information on file. This includes **Name**,
Address and **Phone Number**.

Expectations After Extractions

- The initial healing period usually takes 1-2 weeks and the patient will likely experience some swelling for the first 72 hours.
- The anesthetic given at the beginning of treatment causes lips, teeth and tongue to feel numb – patient should avoid eating or chewing until numbness has subsided. (anywhere between 2-4 hours)
- Patient will be limited to a soft food diet (yogurt, ice cream, soft-cooked eggs, smoothies, etc)
- Discomfort after surgery is normal. An over the counter pain reliever may be sufficient.

PLEASE FOLLOW ALL MEDICATION INSTRUCTIONS – ANTIBIOTICS NEED TO BE TAKEN TO COMPLETION

- Pain and swelling can be decreased by applying an ice pack in 20 minute intervals for the first 2 days.
- On day 3 patients can use a warm, moist compress along with gentle stretches of opening and closing the jaw to prevent TMJ muscle stiffness.
- Blood clots will form on the extraction site(s). Avoid touching the site with tongue or fingers.

THIS CLOT IS VITAL TO THE HEALING PROCESS – DO NOT DRINK LIQUIDS THROUGH A STRAW AND DO NOT SPIT AVOID CREATING ANY NEGATIVE PRESSURE IN THE MOUTH – SMOKERS SHOULD AVOID SMOKING FOR AS LONG AS POSSIBLE – NOT ADHERING TO THESE INSTRUCTIONS MAY RESULT IN COMPLICATIONS DURING HEALING

- Blowing of the nose or sneezing violently can also dislodge the blood clot and impair healing.
- If patient has upper respiratory infection or suffers from allergies – have appropriate medications on hand.
- Do not drink alcohol for 48 hours after the procedure.
- The patient should not rinse for 12 hours after surgery – rinsing may be done after 24 hours.
- Rinsing may be done with the antibiotic mouth rinse or warm salt water allowing the solution to gently wash over extractions sites. DO NOT SPIT! Allow the rinse to gently run out of the mouth into the sink.
- Rinsing should be done 2-3 times a day for a week following surgery using the monojet syringe provided.
- Patient needs to keep their head elevated to help control bleeding. (with pillows or in recliner)
- Gauze will be provided to place over extraction sites – should be changed as necessary/fully saturated.
- When changing gauze make sure to dip new piece in cold water, squeeze it out, fold into a square and have patient bite on it – this should be done until bleeding has completely subsided.
(seeing small amounts of blood is to be expected 24-48 hours after procedure)
- Gently biting on a moist tea bag may also be using if bleeding persists as it is a natural coagulant.

Contact the office of the treating doctor if:

- Bleeding heavily occurs more than 24 hour after surgery (gauze heavily saturated in blood)
- Prolonged nagging “gnawing” pain present at extraction site after 24 hours.
- Elevation in temperature over 101° F orally
- Numbness in lip/tongue persists for longer than 8 hours or swelling worsens 72 hours after surgery