



## Post OP Oral Surgery

Now that your oral surgery treatment is completed, there are a few instructions and some information that will aid you during the next few days as the bone and supporting oral structures begin the process of healing.

**Bleeding** should essentially be stopped by the time you get home. After you get home and take out the gauze, it is usually not necessary to place more gauze in your mouth unless there is still bright red blood running out of if you are spitting out blood clots. To have blood present when you expectorate, or to have your saliva look bright pink is normal for the first day following extraction. If you do require the placement of more gauze, be sure it is directly over where the tooth or teeth were and be sure you bite with considerable force (it will probably be a little sore if you are biting hard enough). Leave this second gauze in for 30 minutes while you are resting and biting. You should avoid falling asleep with the gauze in place because the gauze will act like the wick on a candle and keep drawing the blood out of the extraction site. Failure to bite hard enough will also cause the gauze to act like a wick.

**Infection** can occur if your mouth is not kept clean. The best way to prevent infection and to keep your mouth clean is brushing your teeth in your usual manner after each time you eat.

**Pain** may be the most severe the first day, and then diminish each day thereafter. Pain that goes away after two or three days, especially if you have had wisdom teeth removed, and then comes back is not normal. If that happens to you, please call our office. This is an easy problem for us to treat, just let us know.

**Swelling**, if it occurs, is usually the result of the surgical procedure, and not from infection. This is true if the swelling is present the day following surgery. This swelling should begin to go away about the third day following the operation. If you have no swelling for 2-3 days and then suddenly swell up or if your swelling is still present 5-6 days following the surgery, this may represent the development of an infection, and your treating dentist should be notified.

**Eating**, on the day of your surgery should be restricted to a soft diet. Starting the day after your surgery, eat as well as you can, even if it means relying entirely on liquids. A well balanced diet is essential to rapid healing. Foods high in protein, such as protein drinks or fish, are good foods aiding in your body's ability to recover from surgery.

**Medications**, if prescribed, should be taken as directed on the label with a full glass of liquid. Most medications are best taken with food in the stomach unless specifically told not to do so on the label instructions. Pain medications especially should not be taken on an empty stomach. You should not drink alcohol, drive a motor vehicle or work around any dangerous machinery when taking pain medications.

You may use an ice bag to reduce discomfort, swelling, and possibly bleeding the first twelve hours following surgery. Do not leave it against the skin for more than 15 minutes at a time (you could frostbite your cheeks). You may rinse and soak the area with mouth rinses of warm water each hour for 4-5 minutes in a row. Do not start these rinses until 6 hours following your surgery. You may gently massage the area where the teeth came out with a clean finger beginning the day following surgery.

**AVOID** vigorous rinsing, sucking on the wound, frequent spitting, smoking and exercising until all bleeding has stopped.

Please take all medication as prescribed by our dentist.

Expect moderate discomfort (even with the pain medication), some swelling and some minor oozing of blood for the immediate day following surgery. However, if severe pain, swelling, or bleeding occur, please call our office immediately.