



Akron Highland Oral Surgery Associates

Oral/Maxillofacial & Implant Surgery

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POST-OPERATIVE INSTRUCTIONS

The following may occur:

- Expect pain, swelling, bleeding and possibly bruising following extractions.
- Tightness of the jaw and limited mouth opening is normal. A sore throat may develop.
- Temporary numbness of the lip or tongue on the side the tooth was removed may develop. Your other teeth may ache. This is a temporary condition.
- If the corners of the mouth are stretched, they may become dry and cracked. Your lips should be kept moist with cream or ointment.
- There will be an empty socket where the tooth was removed.

Care:

- Do not rinse or spit for 24 hours after surgery.
- DO NOT SMOKE. This will help prevent dry sockets (throbbing, radiating pain).
- Keep fingers and tongue away from the socket or surgical site.
- Use ice packs on the surgical area (outside of face) for the first 24 hours. Apply ice 15 minutes on, 15 minutes off.
- Use heat (moist heat is preferred) from the second day on to help relieve stiffness. Apply 15 minutes 4-5 times per day.
- For mild discomfort, use Tylenol or Ibuprofen.
- Please take all prescribed medications as directed.
- Drink plenty of fluids. Do not use straws.
- After the first post-operative day, use warm salt water rinses between meals to help keep food particles from settling in the sockets. If you were prescribed a medicated mouth rinse, continue rinsing with that as well.
- Diet should consist of clear liquids to start if IV anesthesia was used, then progressing to soft foods as tolerated.
- Biting down on gauze or a moistened tea bag every 20 minutes will help control bleeding.
- If stitches were used, they are dissolvable unless otherwise instructed.

Return Date and Time: _____

A copy of these instructions can be found on our website

www.drbrokloff.com

