



Oral Surgery Post Operative Instructions

You have just had a tooth (or multiple teeth) removed. Occasionally, there may be complications following your extraction. By taking the following precautions you can minimize your risk of such complications.

Controlling the Bleeding

- a. Keep gauze in place for two hours with constant, firm biting pressure.
- b. Do not suck or spit excessively for 24 hours after surgery.
- c. If bleeding persists, place another gauze and exert firm pressure on gauze by biting your teeth together for one hour. You may use a moistened tea bag as an alternative.
- d. Some oozing and discoloration of saliva is normal.

Controlling the Pain

For the relief of pain take the medication prescribed by your doctor. You should not drive or operate machinery while taking medications that might cause you drowsiness.

Controlling the Swelling

If told to use ice, place ice bag or cold towels on face, 10 minutes on and 5 minutes off for the first day only. The ice may be placed in a plastic bag and covered with a thin towel or a dishtowel before applying to the face.

Dietary Considerations

You may drink clear liquids after you are assured there is no bleeding. After two hours, you may have a liquid or a soft diet. As healing progresses over the next few days, follow your natural inclination as to diet, but for your comfort consider taking soft foods. Drink plenty of fluids. Well-balanced meals are important to your recovery. Take Vitamin C for the next 2 weeks.

Oral Hygiene & Care

Do not use a mouth rinse for 12 hours. After 12 hours, if the bleeding has stopped, a warm salt-water mouth rinse (1/2 teaspoonful to a glass of warm water) will aid in the healing. Use 5-6 times daily after eating and between meals for the next few days. You should resume brushing of your teeth 24 hours after surgery.

Rest

Avoid over-fatigue. Go to bed early at night and get adequate rest during the day. Remain inactive for 24 hours.

Lips

If the corners of your mouth are cracked or sore keep them lubricated with Vaseline.

Black and Blue

Do not be alarmed if a yellow blue-black discoloration appears on your face after surgery. It will take a week or more to fade away.

Antibiotics

If you are given a prescription for antibiotics, have it filled and take **ALL** of the medication according to the instructions on the label.

Sutures

Occasionally sutures are placed. Although you may feel them with your tongue, it is best to leave them alone. Gut sutures will dissolve in 2-5 days. If silk or synthetic suture materials are used, we will see you one week to remove them.

Post-Op Visits

You should return to the office for your post-operative visits at the suggested times.

Possible Complications

Following any surgical procedure several undesirable side effects may occur. If you are in doubt, please call us.

1. You may have pain, which becomes worse after a few days and does not respond to the medication you are taking. This may indicate an inflammation of the bone socket. It is necessary for you to call the office and arrange to come in for a sedative dressing.
2. Other teeth on the same side may ache temporarily.
3. You may have a sore throat or earache for a few days.
4. If the medication you are taking does not make you comfortable, call the office.
5. If you develop a fever, call the office.
6. Numbness of the lower lip may persist on the same side as the surgery for a short period of time.
7. There may be a "hole" in your gum after surgery. This is the healing tooth socket. It will fill in over time. Rinse your mouth after meals to keep it clean.

If you have any questions, Please do not hesitate to call us at (760) 510-9009.