

Post Op Instructions Following Oral Surgery

Discomfort

Some discomfort is expected following oral surgery. Pain response to oral surgical procedures varies with each individual and with the procedure accomplished. Take pain medication before the anesthetic has worn off if possible, and take prescribed pain medication as directed as long as necessary.

Bleeding

A certain amount of bleeding is normal and can be expected for at least 24 hours. To control bleeding, bite firmly on the gauze that the doctor or assistant placed in your mouth for one hour. After one hour remove the gauze and if bleeding is found to be excessive, place a moist gauze pad doubled twice directly over the surgical site and bite firmly, holding pressure for at least one hour, repeat as necessary (2-3 hours should be sufficient). Remember that blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal. The extraction site could ooze for as long as 24 hours. Elevate your head with pillows when you lie down to help reduce bleeding.

Swelling

Swelling after surgery is normal. You may apply ice pack to outside of face in area of surgery site 15 minutes on, 15 minutes off, as swelling persists. Normal swelling may be quite severe, depending on the procedure and may increase for three (3) to four (4) days before beginning to resolve.

Do Not

Do not smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing. Do not suck on candies or through a straw for at least 72 hours because this may dislodge the blood clot. Try not to sneeze, cough or blow your nose with mouth closed because this may dislodge the blood clot.

Do

Limit yourself to calm activities for the next several days (4-6).

Rinsing & Swishing

Do not rinse mouth, do not swish, and do not spit today. Starting tomorrow rinse your mouth gently by gargling with mouth open, every 4 hours especially after eating use one-half (1/2) teaspoon salt in an eight (8) ounce glass of lukewarm water. Continue to do this for several (4-6) days.

Eating

Drink plenty of liquids and eat only soft foods for the first 24 hours following surgery. For the next several (4-6) days do not drink hot, carbonated, or alcoholic drinks, foods such as oatmeal, rice, peanuts and lettuce. Avoid hot or spicy foods as this may cause any sutures, if placed, to dissolve more quickly than intended.

Tooth Brushing and Flossing

A clean mouth heals faster. Beginning the day after your surgery, using a soft tooth brush, brush and floss teeth normally, carefully avoiding the surgery area.

Boney Edges

During the healing process, it is normal for small pieces of bone to work through the gum. Most will come out by themselves. In some instances they may have to be removed by the dentist.

Sutures

If sutures were placed, they will begin to dissolve on their own within four (4) to seven (7) days. Do not remove yourself or play with them with your tongue or fingers.

Medications

If antibiotics were prescribed, continue to take them for the indicated length of time. Take all pain medications as directed as long as necessary.

Color

Infection usually appears as green or yellow discharge. Normal healing usually is white or grey.

Notify

Please contact Clearwater Dental if any problems or complications arise such as: heavy or increased bleeding, pain or swelling that increases or continues beyond three (3) to four (4) days, foul taste and odor in your mouth, or a reaction to the medications.

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