

## Instructions following Oral Surgery and Tooth Extractions

### *Bleeding*

A gauze pack has been placed over the extraction site; keep it in place for 1 hour unless it has been dislodged. Normal oozing may occur for up to 24 hours which can be controlled by firm, biting pressure on folded gauze for 30-60 minutes. Frequent dressing changing can cause additional bleeding. If bleeding is substantial and fills the mouth quickly, please call us.

### *Mouth Care*

Do not rinse or spit for 24 hours. After the first day, gentle rinsing with warm salt water 4-5 times a day for the next week and careful tooth brushing is important. Do not smoke or drink alcohol for 2 days following the procedure.

### *Swelling*

Swelling and bruising is common; the maximum amount of these usually occurs 2 or 3 days after the surgery. Apply ice packs 15 minutes on, 15 minutes off for up to 6 hours. This will help keep swelling to a minimum. Also, keep your head elevated until bedtime.

### *Discomfort*

The greatest amount of discomfort is in the first 6 to 8 hours. If a prescription has been provided, take as directed. Use an over-the-counter medication to manage your level of discomfort if no prescription was needed. Do not take pain medications on an empty stomach other than the first dose which should be taken within the hour following the procedure.

If a dull ache pain or an increase of discomfort occurs on the 4<sup>th</sup> or 5<sup>th</sup> day following your procedure, please call the office. This may be signs of a dry socket.

### *Diet*

It is important to maintain good nutrition following oral surgery to insure proper healing. For the first 24 hours it is best to stick to a softer diet and drinking plenty of liquids.

For the first 2 days, AVOID the following: straws, sodas and hot liquids as these can cause disruption in the clot formation thereby increasing the chance of a dry socket to occur.

If you are having difficulty maintaining proper nutrition, a meal supplement such as Ensure or Boost should be utilized in addition to your existing meals.

### *Infection*

Generally swelling due to infection should decrease over the next few days. If it persists or worsens please contact our office.

### *Sutures*

Unless otherwise advised, sutures will dissolve on their own within 4-5 days.

### *Nausea/Vomiting*

To help prevent nausea or vomiting, be sure to take your pain medication along with food. If you continue to experience nausea or vomiting please call the office.