

ORAL SURGERY HOME CARE INSTRUCTIONS

BLEEDING

Bite firmly on the gauze that was placed in your mouth for 1 to 2 hours or until the bleeding has stopped. Do not separate your teeth during this time for any reason. You may replace the gauze at any time. When you remove the gauze visually check the area. If you notice any substantial flow of blood, simply take one of the new gauze sponges supplied to you, fold it up, moisten it, place it over the extraction area and continue to bite down for another hour. Remember that bleeding of any kind is controlled with direct pressure. A slight amount of oozing and stained saliva for a couple of days will be normal. No rinsing, spitting, sucking through a straw, carbonated or alcoholic beverages today. These actions keep the blood flowing or can cause a dry socket.

PAIN CONTROL

Approximately 2 to 3 hours after your surgery take any pain medication prescribed as they were directed. This will ensure pain medication in your blood stream when the local anesthetic (numbness) wears off. To avoid stomach upset with the medication, eat something or have a glass of milk before you take the pills. If you have been prescribed a narcotic pain medication expect some drowsiness. Do not operate any machinery or consume any alcohol. Remember, you have just had the hardest substance in the body (tooth) removed from the second hardest substance (bone). This is a surgical procedure, and you can expect some discomfort.

EATING

Some people mistakenly believe that they can't eat after oral surgery. You should not starve the rest of your body just because your mouth is sore. You must eat and drink, just limit yourself to a soft diet. If you do not eat you will become weak and more susceptible to infection. Failure to drink leads to dehydration and fever. The effectiveness of pain medication is reduced if one does not eat and drink.

SWELLING

Expect some swelling. This is a normal reaction to the surgery. If ice has been prescribed for you, use it only on the first day.

GENERAL

NO SMOKING until you heal (3-5 days) Smoking delays healing and is the primary cause of dry sockets. You may not be able to open your mouth as widely as normal. As you heal this will improve and you can gradually return to your normal diet and habits.

Take it easy for a couple of days, with no heavy exercise. The better care you take of yourself the quicker you will heal.

After the first day, begin gently rinsing with warm salt water and keep the surgery site as clean as possible.

If you should have any questions or problems that you feel warrant our attention please call us at 453-1890. If it is after normal business hours a recording will inform you of how to reach us.