

POST ORAL SURGERY INSTRUCTIONS

1. **BLEEDING:** Expect some for the next 24 hours, change gauze every 30 minutes until most of the bleeding stops. A moistened tea bag may help with the clot formation. Hold with moderate pressure to aid in clot formation. It is important to keep the clot in place to avoid post-operative complications. Recommend sleeping with a towel on your pillow for a night or two. If there is excessive bleeding on the third day, please call us.
2. **SWELLING:** There will be a degree of swelling, discomfort, and possible bruising for a period of several days. Ice packs (20 minutes on and 40 minutes off) will help minimize this. If it continues after three days then please call and inform us.
3. **CLEANING:** Next 24 hours, *gently* clean the area with warm saltwater (cup of luke warm water and 1 teaspoon of salt) swish. Avoid excessive spitting or brushing of the surgical area. Do not recommend commercial rinses due to the alcohol content which can dry out tissues. Recommend no smoking for at least 3 days if not longer as smoking can retard the healing and remove the clot prematurely.
4. **MEDICATION:** Take pain medication and antibiotics as directed by the dentist and pharmacist. Usually take them with soft food, milk, shake, etc in the stomach. Do not mix prescribed medication with other medication unless instructed to do so. If there are any questions, please feel free to call us.
5. **DIET:** Soft diet recommended for three days: Shakes, smoothies, ice cream, fluids, steamed vegetables, mashed potatoes, pudding, etc. Try to avoid drinking out of a straw, chips, nuts, alcohol... food that crumbles. You need to keep your food intake as normal as possible and return to a normal diet as soon as you feel comfortable.
6. **NUMBNESS:** There may be some transient numbness following the surgical procedure. It is temporary and uncommon. It generally dissipates after several weeks. Please inform us so that we can continue to be aware of your concerns.

If there are any questions, problems, or concerns, please feel free to call us at (805) 845-3240