

Post Op Instructions

ORAL SURGERY

General Instructions

- Unless otherwise directed do not rinse the mouth the day of surgery.
- Ice packs should be used continuously to minimize swelling for the first 24 hours. Moist heat may be used after 24 hours for comfort.
- Avoid hot liquids, carbonated and alcoholic beverages for 24 hours.
- Do not smoke or use soda straws.
- Avoid spitting the day of surgery.
- It is very important to keep your mouth very clean following surgery: A soft toothbrush, cotton swabs or gentle rinsing with salty water (1/2 teaspoon salt, glass of warm tap water) is helpful before going to bed the night of surgery.
- From the beginning of the next day, gently rinse the mouth using a full glass of warm water in which a teaspoon of salt has been dissolved - three times a day. If you cannot get a supply of salt, use warm water anyway. You may brush your teeth gently and use a commercial mouthwash. Do not add salt to the warm water if you have high blood pressure or heart disease.
- Eat soft foods (warm or cold) and maintain adequate daily fluid consumption. (Liquid food supplements, juices, malts, soup, etc.)
- Small stitches may have been placed in the gums. These are dissolving sutures, which will disappear in 6 or 7 days. You may have a return appointment for postoperative check.

In Case of Bleeding

- After your teeth were removed, a gauze compress was placed on the wound and you were asked to keep your jaws closed tightly for 30-60 minutes. This was to help stop the bleeding and keep saliva away from the open socket. This compress may then be discarded.
 - Should slight bleeding continue, it is a good plan to put a fresh gauze compress on the bleeding place in the same manner, large enough so that it maintains pressure when the jaws are closed tightly. Hold it in place for 30 minutes by the clock. This may have to be repeated 3 to 4 times.
 - If bleeding continues in spite of the above, make a small amount of strong tea, boiling it for 5 minutes, then soak a small gauze compress in the tea, and place firmly on the tooth socket, which is bleeding. Close the jaws tightly and hold this way for 30 minutes. Repeat if necessary.
 - It also helps to stop the bleeding if you will lie down, with the head raised on pillows. Apply an ice bag or cold compress to the cheek on that side. Do not become alarmed or excited. Slight oozing may continue for 1-2 days. Almost all bleeding will be controlled by these measures. Remember that bleeding may appear to be more than it actually is because of dilution in the saliva.
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Explanations of Symptoms That May Occur

- **NAUSEA:** Nausea during the first day is usually due to swallowing blood. One ounce of flat 7-Up may be given per hour to help calm the stomach. Pain medication may also cause nausea, especially if taken on an empty stomach. Please take with food which coats the stomach. If nausea persists past the first day please contact the office.
 - **SWELLING:** Swelling and a slightly elevated temperature follows nearly every extraction. This is nature's way of beginning the healing process. It does not mean infection is present. It is often most marked on the 2nd or 3rd day and begins to disappear on the 4th or 5th day.
 - **SORE TEETH:** Your other teeth possibly may ache temporarily. This we refer to as sympathetic pain and is a temporary condition. People who clench or grind their teeth also are more likely to have sore teeth especially those adjacent to the extraction site(s).
 - **STIFFNESS:** Stiffness of the jaws is also nature's way of resting the part which needs to be repaired, and usually relaxes about the 4th or 5th day. Gently chewing gum may help relieve this.
 - **BRUISING:** Some facial discoloration may occur. This appears first as swelling, but after the 2nd or 3rd day it may discolor the face yellow, black or blue. It will gradually disappear in a week or ten days.
 - **NUMBNESS:** Slight numbness of the lip or tongue may occur as is explained in the consent form.
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