

Instructions to Patients Following Oral Surgery

1. Post Op Instructions:

- a. Bite on gauze for next ½-1 hour, if active bleeding persists, a moistened tea bag (non-herbal) may be substituted for the gauze pad. Rinse the tea bag under warm water, wring it out and place it directly over the bleeding site. Apply firm biting pressure on the area for 60 minutes before checking for bleeding. Some blood in saliva is to be expected for 1-2 days following surgery
- b. Please follow directions if you have been give any prescriptions

2. General instructions:

- a. Drink plenty of fluids today and any soft food is allowed. Increase diet as tolerated.
- b. Please refrain from eating any small sharp foods, such as nuts, popcorn, raspberries and anything that could get into the socket.
- c. Swelling and discoloration is to be expected, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. To lessen swelling, apply ice packs to the area in first 24-48 hours altering 5-10minutes - ON & 5-10minutes OFF; heat can be applied after 4-5 days for comfort if desired.
- d. Please do NOT rinse mouth for the first TWO days after surgery, - rinse your mouth gently at least 5 times a day for one week: use 1 tsp. salt in a glass of warm water.
- e. The following actions will cause excess bleeding:
 1. Smoking
 2. Sucking a straw
 3. Spitting

Please refrain from doing any of the above for 48 hours.

You may start brushing your teeth the day after surgery - please be careful to avoid the open socket.

Extraction Site: You may notice a voided space or "hole" in your gums after an extraction. The hole will gradually fill with new tissue. Gentle salt water rinses beginning the day after surgery will help the extraction site clean.

Potential Complications:

Do not be alarmed by numbness of the lip, chin or tongue after surgery. The freezing may take several hours to wear off.

Occasionally, patients may feel hard or sharp projections in the mouth with their tongue. These objects are part of bone wall that supported the tooth and usually smooth out on their own. If they persist for several weeks or are painful please make a follow up appointment with us.

A dry socket is when a blood clot gets dislodged or is dissolved prematurely from the tooth socket. Symptoms of dry socket are throbbing pain unrelieved by medication, either at the surgical site or radiating to the ear or neck, occurring 3-4 days after surgery. Smoking greatly increases the incidence of dry socket. Please contact our office if you think dry socket has occurred.