



## Post-Operative Instructions

1. **Bleeding.** Bleeding is normal for the first 24 hours after surgery. Bite on gauze - tightly, and change the gauze *every 30 minutes* for 2-4 hours. If bleeding persists, wrap a moist gauze around a moist tea bag for 30 minutes. Please call our office for further directions if problems persist.
2. **Pain/Medication.** Discomfort is normal after surgery. For mild or moderate pain, take an over-the-counter pain medication such as ibuprofen or Tylenol. Do not take aspirin. If given prescription pain medication, do not drive or operate heavy machinery while taking the medication. Take only as directed on the bottle or as prescribed on the medication given. You may alternate the lighter over-the-counter medication with the prescription medication as long as taken 2-3 hours apart. Take all medications with plenty of food and water. If vomiting or a rash occurs after taking any medications, stop all medications and call our office immediately.
3. **Swelling.** Swelling may occur immediately after surgery. To minimize swelling, apply ice pack to the face on side(s) of surgery 20 minutes on/20 minutes off. Repeat cold application for first 24 hours. After 24 hours, apply warm compresses to the facial area 20 minutes on/20 minutes off. (Be cautious not to burn facial area)
4. **Rinsing/Brushing.** Hold off on all rinsing and brushing for first 24 hours. After 24 hours, make sure to brush and floss as needed to keep mouth clean to aid in healing. Avoid surgery areas. Rinse/swish lightly with warm salt water. Be cautious not to rinse/spit the clots out of surgery sites.
5. **Smoking.** No smoking, No smoking, No smoking for *5 days*. Smoking will remove the clots and cause dry socket. Dry socket is very painful and difficult to treat. If concerned with this instruction, consult your physician to get a possible nicotine patch to aid you through this difficult time.
6. **Drinking/Eating.** Do not drink from a straw for *5 days*. The suction effect will remove the clots and cause dry socket. Dry socket is very painful and difficult to treat. Sip directly from the glass to avoid dry socket. Soft foods for 5-7 days. Cold foods the first 24 hours (i.e. applesauce, ice cream, jello), followed by warm foods thereafter (i.e. mashed potatoes, soups, teas). Avoid rice, corn, and other small foods that may get stuck within the extraction sockets. Rinse lightly after meals.
7. **Strenuous Activity.** Do not perform strenuous activities for 48 hours.
8. **Bony Edges.** Small, sharp bone or tooth fragments may work their way out the gums during the healing process. This is common. Please call our office to make an appointment for an evaluation of the area.
9. **Our office is always available to help you during office hours. However, with any surgery, complications may arise needing the urgent attention of a physician. If you should have any of the following complications during off hours, proceed to the closest emergency room:**
  - a. Difficulty or restrictions in breathing
  - b. Severe rash or swelling of the face after taking medication
  - c. Severe bleeding
  - d. Dizziness, fainting, or chest pressure/pain
  - e. Any other unusual complication that may seem urgent for care