

POST-OPERATIVE INSTRUCTIONS

SWELLING

Swelling is the body's normal response to surgery and the beginning of the healing process. It varies among individuals and according to different procedures. Swelling will increase over the first 48-72 hours and subside over the course of one week. Sometimes swelling may persist for greater than one week, depending on the individual or procedure. Apply cold packs (15 minutes on, 15 minutes off) for the first 48 hours while awake. Keep the head elevated for the first 72 hours, using pillows under the back and head while sleeping to reduce swelling and bleeding. If swelling increases after 1 week, please call for a follow up. Moist, warm heat may be used after 1 week.

BLEEDING

Minor bleeding or blood-tinged saliva may occur for the first 24 to 48 hours. Bite on gauze for 1 hour following the surgery. If heavy bleeding still occurs, either replace with new gauze or a moist tea bag and bite for an additional 30 minutes at a time. The key to stop bleeding is firm pressure on the location that is bleeding.

PAIN

Medication has been prescribed according to your anticipated level of discomfort. Take pain medication before the numbness from the local anesthesia is gone. Repeat as needed according to the schedule printed on the prescription bottle. Eating or drinking prior to taking pain medication will help to avoid nausea. Do not drive, operate hazardous machinery, or drink alcohol while taking the pain medications. If you have no medical contraindications and you are healthy enough to take ibuprofen (aka. Advil, Motrin), you may take 600 mg every 6 hours beginning the day of your surgery and continue taking them along with your prescription medications after surgery. Do

not exceed the prescribed or recommended dosages of your medications, as this can lead to overdose, organ damage, or even death.

RINSING

You may drink, but do not rinse your mouth for the first 24 hours following surgery. After 24 hours, gently rinse your mouth with warm salt water (1 teaspoon of salt in a glass of warm water) 3 to 4 times a day. Recommend rinsing for 1-2 more weeks. You may gently brush your teeth the day after surgery, being careful in the area where surgery was performed.

REMINDER: Starting 5 days after surgery, use the syringe to irrigate after meals and at bedtime. Do so until the sockets are healed. This will help to remove food debris. If you were prescribed Peridex mouthwash for indicated procedure, start rinsing with it 5 days after surgery.

DIET

After surgery, a soft diet may be best for the first 48 hours. Cool foods, such as milkshakes and lukewarm soups may be the most comfortable. You may begin drinking once bleeding is well-controlled (no straws). Chewing may resume once numbness from your tongue is gone to avoid biting your tongue.

SUTURES

If sutures were placed, they will dissolve on their own, unless you were told that non-dissolving sutures were used. Sutures may loosen or come out prior to your next appointment.

DON'TS

- Straws
- Rigorous activity/exercise for 1-2 weeks, including heavy lifting
- Smoking, vaping, tobacco, etc.