



Post-Operative Instructions after Oral Surgery

Please follow these instructions to allow for a more comfortable recovery and to prevent complications. Call the office at 904-264-2483 concerning any questions or emergencies.

Bleeding: Bite on the gauze that was placed at the extract site for 30 minutes. Change the gauze as needed and hold with pressure until bleeding stops. Once bleeding stops, you can remove the gauze. Do not rinse, spit or use a straw for 24 hours. Other tips to control bleeding include: placing a wet tea bag on the extraction socket, no physical activity or exercise, keeping your head elevated, apply ice pack to the face. A slight oozing or pink saliva is normal for the first 24 hours. If you feel the bleeding is not under control, call the office immediately.

Pain: Some amount of pain is normal following the first few days after surgery. Try to take something before the local anesthesia starts to wear off. For mild pain, take Tylenol or Ibuprofen. For more severe pain, take the prescribed medication. Do not drive or operate heavy machinery while taking the medication and do not take it on an empty stomach or mix with alcohol.

Swelling: Some swelling is normal after surgery and can peak 2-3 days later. An ice pack, used 20 minutes on and 20 off, can help control swelling. After a few days have passed, switch to moist heat. If antibiotics were prescribed, take until completely gone.

Oral hygiene: Do not rinse or spit for the first 24 hours, then gentle rinsing can begin. Salt water rinses can be used by dissolving 1 tsp of salt in an 8 oz glass of warm water. Rinse at least 2-3 times daily for 5 days. It is important to keep the surgical area clean. Gentle toothbrushing can begin the day of the surgery, just be careful to not irritate the extraction site. Do not smoke for at least 5 days after the surgery.

Diet: Do not use a straw for 24 hours. Be careful eating and drinking while still numb. Avoid carbonated beverages. A soft diet with plenty of fluids is recommended after surgery. Foods that are good include mashed potatoes, spaghetti, soup, milk shakes and ice cream. Do not have crunchy foods (peanuts or chips) or hot foods and beverages.

Activity: Rest for the first few days and then go at your own comfort level. Use common sense and do not push yourself. Avoid any exercise for the first week.

Nausea: This also may occur due to medications taken, blood swallowed or anxiety. Take any medication with food. Coca-cola, ginger ale or Pepto-Bismol can be used. Have clear liquids and bland food until the nausea passes.

Scheduled appointments: Please allow for at least 2 weeks of healing before any other dental work is completed. Follow-ups to the surgery are scheduled as needed. If you have any signs of infection or fever, increasing pain, excessive bleeding, nausea or any concerns do not hesitate to call us at 904-264-2483.