

Patient Instructions: Instructions Following Oral Surgery

Discomfort:

You may have moderate discomfort after the anesthetic wears off. Most discomfort can be controlled with a mild analgesic. Ibuprofen [600 mg] every 4-6 hours and extra strength Tylenol are usually sufficient. A prescription for a strong analgesic may be issued if necessary and should be used as directed.

Bleeding:

Do not be concerned if traces of blood are noted in the saliva for several hours after the operation. It is not unusual to have some slight bleeding. If the site continues to bleed, try to relax and gently rinse your mouth with ice-cold water. You may bite on a piece of gauze [or a moistened tea bag] sustaining constant pressure for twenty minutes. Bleeding can be avoided by **not rinsing your mouth for the first 24 hours following extraction**, keeping your head elevated during the first evening, discontinuing your usual exercise regime for 1-2 days, restricting yourself to a soft diet and by avoiding smoking, which delays healing and irritates the tissues.

Swelling:

In some cases, swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery for twenty minutes on and twenty minutes off for the first three or four hours following surgery. [Ice cubes in a plastic bag work as nicely as an ice pack]. If swelling and discomfort persist, warm wet compresses may be used over the area on the second and subsequent days. These are to be applied for twenty minutes on and forty minutes off for three hours each day.

Oral Hygiene:

After surgery it is important to keep your teeth and mouth as clean as possible. Beginning the day after the extraction, warm salt-water rinses [1/2 tea spoon salt mixed with 6 oz. of warm water] can be used several times a day. During the first week, the non-treated area should be brushed normally.

Antibiotics:

Antibiotics may be prescribed depending upon the surgical procedure. It is important that they are taken as directed.

Nutrition:

Maintaining an adequate diet after surgery is important. Chew on the opposite side of your mouth and avoid extremely hard or spicy foods. Select foods that provide nourishment with little if any necessary chewing. Avoid the use of straws whilst drinking to prevent blood clot dislodgement.

Post-Operative Appointment:

You may be seen for a post-operative appointment 10 days following surgery.