



Oral Surgery Postoperative Instructions

Today

Bleeding. Keep your mouth firmly closed on the gauze packs for at least one hour. There will be some oozing of blood from the extraction sites today and tonight. If there is continued bleeding, fold a new gauze square tightly, moisten it with water, and place it over the area that which is bleeding. Close your mouth on the gauze and apply firm pressure. Leave the gauze in place one hour, and then change it if needed. Remember to place the gauze directly over the place from which the tooth was removed. If a wisdom tooth was removed the gauze pack will be behind your back teeth, not between your teeth.

Sedation and Drowsiness. While riding home, wear a seat belt. If you received sedation for your surgery, a responsible adult should help you get out of the car and should assist you inside. Lie down with your head slightly elevated and rest until the effects of any sedatives wear completely off. This will usually take until the following morning. Do not attempt to get up and walk with out help, even to go to the bathroom, until you are absolutely sure that the effects of the sedative medications are completely gone. Do not attempt to drive today or to operate any other dangerous machinery.

Swelling. Apply an ice pack to your cheeks today to help lessen the swelling. The ice pack should be applied intermittently, leaving it on for 20 minutes, and off for 20 minutes. Ice is only effective during the first day, however swelling will increase for 2 or 3 days before it begins to go down. Swelling may take 1 to 2 weeks to completely disappear, and there may be some bruising of the skin which appears as the swelling lessens.

Rinsing. Do not rinse your mouth or brush your teeth today. Do not spit. Rinsing and spitting may dislodge the new blood clots which have formed in the extraction sites, and this may cause excessive bleeding, pain, and delay your healing.

Diet. Restrict your diet today to liquids only. Do not drink with a straw; the sucking action may dislodge your blood clots. Do not drink hot liquids until the numbness from your anesthesia has completely disappeared. You should drink at least 2 quarts of liquids today.

Discomfort. Do not drink any alcoholic beverages today, or at any time while you are taking a narcotic (containing pain medication). Do not smoke for at least the next 3 days. Smoking will significantly delay healing and increase your pain.

If you had an upper tooth removed, do not blow your nose forcibly today and for the next week. Often there is only a thin membrane which remains between a tooth socket and the sinus, and this may be perforated by blowing your nose forcibly.

Beginning Tomorrow

Tooth Brushing and Rinsing. Begin to brush your teeth normally taking care not to disturb the surgical sites. Soak your mouth with warm salt water (1/2 tsp Salt in 1 cup of water) at least 4 times a day for the next week.

Diet. You may eat soft foods. As discomfort and swelling decrease, you may gradually return to your normal diet.

Sensitivity to Hot and Cold. As the extraction sites heal you will probably notice a “hole” which you can feel with your tongue. Rinse after eating to keep food from being trapped in this area. The hole will gradually heal and fill in, so that in approximately 2 weeks it will not be noticeable. Until the extraction site completely heals, the teeth next to it will probably be sensitive to hot and cold.

Discomfort. Pain and discomfort should gradually decrease after surgery. If you have an increase in discomfort after the second day, particularly if the discomfort feels like an earache or is not controlled with your pain medication, arrange to return as soon as possible for treatment. Increase in discomfort may be a sign of a “Dry Socket,” which is easily treated.

IF YOU HAVE QUESTIONS OR PROBLEMS, PLEASE CALL 678-455-4560.

Thank you,

Washburn Family Dentistry