

Considerations and Care Following Oral Surgical Procedures

Healing:

The body will heal itself if it is well rested and well nourished. After extractions, drink lots of liquids and eat soft nutritious foods. Blended foods, soups, and juices are excellent sources of nutrition. Avoid carbonated beverages and extremely hot or cold foods or liquids. Also avoid chewy or hard fibrous foods. DO NOT drink from a bottle or a straw during the first 48 hours.

Bleeding:

To control bleeding or oozing, fold a piece of gauze (given to you by your doctor) and place it directly on the extraction site. Apply moderate pressure by closing on the gauze provided. Replace gauze every 15-20, minutes or when it becomes saturated with blood, until bleeding is under control. A slight amount of bleeding is normal until a blood clot is formed. If oozing persists, apply a damp regular tea bag (no herbal tea bags) over the extraction site. Avoid all activities that will disturb the clot, such as exercise and bending over. Keep your head elevated with extra pillows during the first night's sleep after your extraction.

- DO NOT smoke for **72** hours after extraction.
- DO NOT rinse mouth for **48** hours.
- DO NOT take any products containing aspirin.

Hygiene:

After 48 hours, rinse with warm salt water (1 tsp. in 8 oz. water) 3-4 times a day after meals for one week. DO NOT brush teeth next to area of the healing extraction site immediately after. Brush all other teeth gently, being careful not to disturb the surgical site. After 48 hours resume brushing normally but with care around surgical site.

Swelling:

If there is noticeable swelling, use an ice pack immediately after surgery to prevent swelling. Keep ice pack on for 20 minutes and off for 20 minutes. After first 24 hours, use warm moist heat, if necessary.

Post-Operative Visits:

If sutures are placed to help control bleeding, you may need a follow-up appointment for removal. Occasionally, after an extraction, the site may not heal properly, resulting in a "dry socket". This is partly the result of improper clot formation. This complication usually occurs 2-3 days after extraction, resulting in pain. If you develop a "dry socket" or experience pain, please contact our office as soon as possible.

Pain:

Take prescribed medications according to the labeled instructions. If you have any adverse reactions to the medications, immediately stop taking them and call the office. For pain management you may take over-the-counter Ibuprofen, (Advil, Motrin) every 6 hours as needed for pain. Additionally you may add a 325-650mg dose of Acetaminophen for additional pain management. Please follow guidelines on packaging. Alternately, if you choose you may take just Acetaminophen 325mg for pain following guidelines on packaging.

Antibiotics:

If you are prescribed antibiotics following surgery, be sure to take them according to instructions in order to help prevent infection.