



ORAL SURGERY
POST OPERATIVE
INSTRUCTIONS

1. You have just had oral surgery to have an implant placed, to remove an unwanted or infected tooth, to address an infection, or to make it easier for you to wear a dental prosthesis.
2. Plan to take it easy for the first twenty four hours. Post operative discomfort and swelling will increase with vigorous activity.
3. Bite on cotton gauze for 40-60 minutes following surgery. Avoid removing and replacing gauze during this period. Removing the gauze will disturb the blood clot and lead to increased bleeding. If bleeding is still present at the end of one hour, replace the gauze and bite with pressure for an additional 30 minutes. If, at the end of the 30 minute period, oozing persists, dampen a tea bag with warm water and bite on the tea bag for 30 minutes. The bleeding will stop.
4. You have been given a prescription for pain medication. You should take one tablet every 4-6 hours for the first day. Afterward, take one tablet every 4-6 hours only if you need relief. If itching or a rash develops, discontinue all medication and call our office.
5. Apply cold packs to the area to reduce swelling. Wrap ice in a towel or cloth and apply the ice pack to the cheek for 5 minutes and remove it for 5 minutes. Do not leave the ice pack in place. You may freeze the tissue.
6. Try to eat liquid or soft foods for the first 48 hours. Afterward, eat what seems comfortable. Do not go without food. The medication combined with low blood sugar may cause nausea.
7. Avoid rinsing, spitting, or sucking for the first 48. Do not suck through a straw. All of these actions may dislodge the healing blood clot and cause a dry socket. This is a bad toothache where there is no tooth.
8. If you smoke, delay the first cigarette as long as possible. The sucking action of smoking is the leading cause of dry sockets. If you have any inclination to stop smoking, now is a great time.
9. If pain, swelling, or bleeding persist and are not handled adequately by these instructions, call our office.
10. The doctor will need to see you in approximately one week to remove sutures and to insure that healing is adequate and no infection is present. A practice administrator will make an appointment for you as you leave.

WHERE ART MEETS SCIENCE

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