

EXTRACTIONS

- ❖ Leave the gauze packs placed by the dental professional in place for approximately 60 minutes.
- ❖ If the bleeding persists, replace the gauze packs as necessary by folding 2 pads into quarters and placing them directly over the surgical site for about 45 minutes. (Be sure the pressure is being placed on the wound and not between the teeth.)
- ❖ Keep your head elevated from your body (sitting is best).
- ❖ Remember, all extraction sites bleed and a little blood mixed with saliva can look like a lot of blood.
- ❖ *However, if the blood is bright red or clotting in your mouth, call the office for assistance.*

PACKING

If surgical packing was placed, it will become soft in about one hour and should remain in place. However, sometimes small pieces may break off and come out and this is not uncommon.

SUTURES

If sutures were used, they typically dissolve completely within 4-6 days.

DIET

Drink a lot of liquids and eat soft foods. Begin eating solid foods the next day, or as soon as you can chew comfortably. Try to stay away from the surgical site.

DO NOT SMOKE!!!

TAKE CARE OF YOURSELF!!! We want you to recover as quickly as possible.

ORAL SURGERY

POST OPERATIVE INSTRUCTIONS

1st Day

DO:

- ☺ Place icepacks on your face over the surgery site for 10 minutes on and 10 minutes off for an hour following surgery
- ☺ Remain calm in a sitting or reclining position, avoid major activity and rest
- ☺ Take medication only as directed
- ☺ Drink a lot of fluids and eat soft foods
- ☺ Try to avoid irritating the surgical site

DONT:

- ☹ *Don't* Smoke
- ☹ *Don't* Rinse vigorously
- ☹ *Don't* Suck on surgery site
- ☹ *Don't* Drink through a straw
- ☹ *Don't* Clean the teeth near the surgery site
- ☹ *Don't* Ingest hot liquids, foods or alcoholic beverages
- ☹ *Don't* Disturb any packs or dressings

After 1st Day:

DO:

- ☺ Take medications only as directed
- ☺ Gently rinse with warm salt water (1/2 teaspoon salt to 8 ounces of warm water)
- ☺ Use any mouthwashes prescribed
- ☺ Gently clean the teeth around the surgical area

DON'T:

- ☹ *Don't* Use ice packs after the 1st day as it will restrict blood flow and increase symptoms
- ☹ *Don't* Rinse vigorously
- ☹ *Don't* Disturb any dressing placed
- ☹ *Don't* Smoke for at least the first week after surgery

