

Oral Surgery Post-Operative Instructions

--DO NOT SMOKE (cigarettes, cigars, e-cigs, vapes, marijuana, etc.) and DO NOT use tobacco products of any kind as they delay healing, cause infection of surgical wounds, and can even cause loss of other teeth/ dental implants/ bone grafts.

- **Immediately after the procedure:** Bite on the gauze with firm constant pressure for 30 minutes. Please try not to talk during this time. After 30 minutes of biting on gauze, remove the gauze and eat something cold. Ice cream, milk shakes, or smoothies are great! Use a spoon. Do NOT use straws. After eating something cold, first take the anti-nausea medication. Wait 10 minutes, and then take the pain-killer medications and the antibiotic. Continue taking the anti-nausea, pain-killers, and antibiotic medication every 4 to 6 hours (every 5 hours is ideal!) so you take the pain-killers before the last dose wears off.

- **Pain Medication:** The local anesthesia (numbing medication) may last up to eight hours. Avoid drinking or eating **HOT** food while being numb as you may burn yourself and not notice until the anesthesia wears off. Take the pain-killer medication before the anesthesia wears off (usually 40 minutes after the procedure and after eating ice cream). Take your pain-killer medication every 5 hours as necessary for pain and always make sure you eat something before taking the pain medication. Do **NOT** operate any vehicles or heavy machinery while under the effect of the prescribed pain-killer medication. You will be driving under the influence of a narcotic. Do NOT drink alcohol while taking the pain-killer medication.

- **Bleeding:** Continuously keep pressure on the gauze for at least 30 minutes after the procedure. Following the operation, blood oozing from the wound is common for up to 36 hours after the procedure and you may encounter blood tinted saliva. If blood oozes from the wound when you are home and lie down, place an ice cube at the extraction site and bite on it for 30 minutes. If bleeding is persistent, please return immediately to the office or call (813) 373-4573 (24-hour office line) if after 5PM or on the weekend. If a denture has been inserted over the surgical site, do not remove the denture until you are seen the following day. Forceful spitting and excessive physical activity may increase and prolong bleeding as does bending over and picking up objects. A semi-reclining position and rest for the first few hours is recommended.

- **Do not disturb the blood clot.** The blood clot is grayish-yellowish-brown and may produce a slight odor. This is not an infection. Do not probe the blood clot with fingers, tooth picks, tongue or other matter that may cause the loss of blood clot exposing the bone and causing a "dry socket" or alveolitis. Also, refrain from spitting or sucking through a straw.

- **Swelling:** The pain and swelling can increase up to the 3rd to 5th day and then decrease. If there is worsening swelling, pain, and redness, or difficulty swallowing or breathing a week after the surgery return to the office or call (813)373-4573 if after 5PM or on the weekend.

- **Diet:** It is important to maintain a good diet. A cold liquid or soft diet (i.e. milk shakes, ice cream, smoothies) is recommended after the surgery. Drink plenty of fluids (6 to 8 glasses per day), but please do not to use straws or burn yourself.

- **Brushing your teeth and mouth rinsing:** Gently rinse with the chlorhexidine antibiotic mouth rinse after every meal. Do not rinse with commercial mouth rinses the first 3 days after surgery. If bleeding continues, stop rinsing and refer to bleeding section above. After 24 hours, you may gently brush the teeth but do not brush area of surgery.

- **Bone Fragments:** During the healing process of the jaw bones, small sharp fragments of bone may loosen and work through the gums. They may persist for about 2 weeks. These fragments are not roots. If they are disturbing, please return to the office or call (813) 373-4573 if after 5PM or on the weekend for further instruction.

- **Sutures (stitches):** Most of the sutures placed are resorbable and will fall by themselves within 2 weeks. If they are permanent or last more than 2 weeks please return to the office for follow-up and removal of these sutures. Sutures over 2 weeks old may cause infection.

- **Follow-up:** Please return to the office for post-operative follow-up one week after the surgery.

- **Questions or unusual complications:** Please do not hesitate to return to the office, call the office, or call (813) 373-4573 if after 5PM or on the weekends with any worries or questions.

Thank you for your cooperation.

Print

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Date

Witness