



laser & microscopic enhanced dentistry

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Post-Operative Instructions Following Oral Surgery

General Instructions:

- 1) Keep gauze pack in place over the extraction site with firm pressure for 20-30 minutes after the extraction. Some oozing of blood and discoloration of saliva is to be expected for up to ½ day. If bleeding continues after the gauze pack has been removed, place a fresh moist piece of folded gauze compress over the extraction site and bite with firm pressure for 20 minutes.
- 2) Do not rinse your mouth with water the day of surgery. You may drink and swallow liquids but do not swish and rinse.
- 3) Avoid sucking; using a straw, hot liquids, tobacco, alcohol and frequent spitting for 24 hours to prevent dislodging the blood clot.
- 4) Take 2-3 Advil ½ hour after leaving our office. If a pain medication has been prescribed, take it as directed INSTEAD of the Advil. Repeat every 4-5 hours if necessary for pain. Pain medications may cause an upset stomach or nausea, especially if taken on an empty stomach. Do not drink alcohol when taking any medication.
- 5) If any swelling occurs place an ice pack over the area for 10 minutes at a time, with a 10 minute break in between for 3-4 hours.
- 6) If sutures have been placed, return to our office between 4-7 days for their removal. An appointment is necessary.
- 7) Continue eating. Try not to skip a single meal. Eat whatever you can, but you may want to begin with soft foods such as soup, boiled eggs, yogurt and cooked cereal. Adding extra vitamin c and protein to your diet helps speed up the healing process
- 8) The first night home place a towel over your pillow to prevent damage from possible drainage or oozing.
- 9) 24 hours after your surgery lightly start rinsing with salt water for a week and slowly become more rigorous with the rinses throughout the week. Use ½ tsp. salt to 1 cup of warm water and rinse. Rinse 2-3 times a day for the full week.

Anytime you have any questions or concerns feel free to call or contact our office. Our Emergency phone number is 303-877-7316.