

Post Oral Surgery Instructions - Hillsborough Street Dental Associates

- **When you get home;** 1 hour after surgery remove gauze. Place another set of gauze if you're still bleeding. For the next 24 hours apply an ice pack to your cheek/jaw every hour for 15-20 minutes at a time. (Placing an ice pack will help with the swelling) If you are prescribed any medication following surgery, medication should be taken 3-4 hours after surgery.
- If you received a temporary or partial denture following surgery leave it in for the 1st night; after the first night of surgery wear your partial everyday but remove it at night.
- **24 hours after surgery;** you can carefully chew on ice or have something cold like smoothies, milkshakes or ice cream to thin your saliva and to keep the extraction site cold and reduce swelling. When laying down lie with your head elevated.
- **DO NOT SMOKE, SPIT FORCEFULLY, OR DRINK THROUGH A STRAW** for 4 days. (Any of these could dislodge the clot) Smoking may cause a painful dry socket and will also delay your healing time. Stir a teaspoon of salt in 8 ounces of warm water. Place water in your mouth and GENTLY rinse. Rinse for 30 seconds then lean over the sink and let the salt water drain out of your mouth. DO NOT SPIT. Use the correct salt amount in these instructions. Rinsing will flush away any food that could be stuck in the extraction site.
- **BRUSHING;** Brushing your teeth and tongue is okay. Be gentle around the extraction sites. Begin your normal hygiene routine as soon as possible. Soreness and swelling may not permit vigorous brushing , BUT please make an effort to brush your teeth. Rinsing with the warm salt water will help clean the extraction sites.
- **FOOD AND DRINK;** During the first 48 hours eat soft foods and cool foods. (Cool foods will help your healing process) Ice cream, smoothies and milkshakes are great for after surgery. (also will help reduce swelling and ease pain) After the first 48 hours you can ease your way into eating solid foods as long as you're comfortable.
- **HERE'S A LIST OF FOODS FOR YOU;**
 - LIQUIDS-** Milk, Water, Juice, Ginger Ale, Chicken/Beef broth, Ensure. Drink as many glasses of liquid that you can on the first day. (Just not through a straw)
 - SOFT FOODS-** Yogurt, Jello, Pudding, Ice cream, Mashed potatoes, Pears, Peaches, Applesauce, Macaroni & cheese.
 - SOLID FOODS-** Meats and Vegetables.(START WITH LIQUIDS AND GRADUALLY WORK YOUR WAY TO SOFT/HARD FOODS)
- **PAIN MEDICATIONS;** You will be sore with some mild pain for the next couple days. You may be prescribed pain medication. If you're prescribed pain medication you will need to take the medication as directed on the bottle. Please take with food or you could become very nauseous. If the medication does not relieve your pain to your satisfaction, you may also take 800mg of Motrin or ibuprofen between taking your prescribed pain medication.

- **PAIN;** Pain is expected after surgical procedures. Pain is going to be different for each patient. You could possibly have pain for 1 to 7 days after your procedure. Your muscles in your neck, jaw and ear may become stiff and sore up to 3 days after surgery. Discomfort should reach its maximum in 3 days. It is not uncommon for the lip, chin and tongue to feel numb. (This should be temporary). Sometimes dry sockets can occur, this is when the clot gets dislodged from the socket. Symptoms may include severe pain at the surgical site and near the ear.

NORMAL SIDE EFFECTS AFTER ORAL SURGERY;

- **NAUSEA;** If you begin to feel nauseous drink 1 ounce of ginger ale every 5 to 6 hours. You can also take anti-nausea medication. (Get this from your local drug store)
- **OOZING BLOOD;** A little bleeding is normal. Expect to have red/pink saliva for the rest of the day of surgery. If bleeding continues, place more gauze to the site. If you have stitches, they may be self-dissolving and some stitches may come out early. If the sutures are in 1 week after surgery your doctor will more then likely remove the stitches for you if the site looks well.
- **HEAVY BLEEDING;** Bleeding should never be severe. Try repositioning gauze packs. Place a moistened tea bag over the extraction site for about 30 minutes and bite down tight. Apply an ice pack or cold towel to your cheek and lie down but with your head elevated. It is normal for some bleeding and your saliva to be red/pink.
- **SWELLING;** Do not be alarmed if you have some swelling. Swelling is a normal side effect from surgery. This will not reach the max until about 3 days after surgery. In the first 36 hours apply ice packs to your cheek/jaw for 20 minutes at a time.
- **24 HOURS AFTER SURGERY;** If there is facial swelling or jaw stiffness, apply moist heat to the outside of your face for no more than 20 minutes. Apply a thin towel between your skin and the moist heat to prevent burning of the skin. Most swelling should resolve between 5-7 days.
- **SHARP BONY EDGES;** If you feel something hard when you place your tongue over the surgical site you may think it is part of your tooth, in most cases it is not. It is usually the hard bony wall. Leave this area alone and let it heal on its own. If you feel it is not the bony wall edges, please call your dentist.

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT ; 919-834-1432