



## POST-OPERATIVE INSTRUCTIONS

### First 24 hours/Day of Extraction:

- Remove gauze after half an hour (30 minutes), providing this was not done in the office. **Do not** disturb the surgical area with your tongue, toothbrush, or mouth rinse.
- Bleeding is normal after surgery. Bleeding is best controlled by the use of pressure. Pressure can be applied by using gauze placed directly over the surgical site and maintained with either finger pressure or biting pressure continuously for 30 minutes. Repeat as necessary. A small amount of oozing may occur for several hours or even a few days after surgery and should not be alarming.
- **Hydrate! Hydrate! Hydrate!** Diet during the first 24 hours should be limited to a liquid or soft diet. It is important to have at least two quarts of liquid (water, etc.) each day to avoid dehydration. Clear liquids such as broth or fruit juices cause less accumulation of debris in the mouth. Avoid alcohol, carbonated beverages, and smoking. Avoid using a straw since the suction created may increase bleeding.
- Physical exertion or exercise should be avoided during the first 24 hours as this may result in increased bleeding. Elevate your head at an approximate 30 degree angle when lying down.
- Swelling is a normal event after oral surgery. Apply ice on the face over the surgical area as soon as possible after surgery. To help limit the total extent of swelling, ice should be continued for 48 hours. No ice is to be applied after the first 48 hours after surgery.

### After 24 hours:

- After the first 24 hours you may increase your diet according to what you can tolerate. If chewing is difficult, an instant breakfast drink, four servings daily, is an excellent supplement.
- Rinse your mouth three or four times daily after 24 hours of the extraction. The best rinse is made by adding ½ teaspoon of salt to an 8 oz. glass of warm water.
- You may now resume brushing your teeth. A clean mouth heals more rapidly with fewer complications.

### After 48 hours:

- Heat should be applied to the face whenever possible to hasten the resolution of swelling. Heat should be continued as long as swelling remains. Moist heat (wet towel) is most effective.

Medications, including that for pain may be given. These should be taken in accordance with instructions on the containers. Eat before taking pain medication. If a rash, itching, nausea and vomiting, fainting, or temperature over 102 degrees occurs, all medication should be discontinued and the doctor notified immediately.

Stitches, if placed, are to aid in control of bleeding and to speed healing. Try to leave them alone. They will be removed at the post-operative appointment.

**CAREFUL attention to and compliance with post-operative instructions will add to your comfort and hasten recovery. If you have any questions at any time, the doctor can be contacted at the phone number listed above.**