



Post-operative Instructions After Oral Surgery

Surgery of any kind places a stress on your body. Get adequate rest and avoid strenuous activity for a few days following your procedure. *If you received oral medications to make your treatment more comfortable, it is important that someone stay with you until you have recovered from the effects of these medications.*

The following are instructions which will help decrease the amount, if any, of swelling, discomfort, and restricted jaw function which may accompany a surgery such as yours.

Please read these instructions carefully.

Bleeding: Place continuous firm pressure on gauze over extraction site for at least 30 minutes until bleeding subsides. Light oozing blood is normal for first 48 hours. DO NOT promote bleeding by rinsing, spitting, smoking, or sucking through a straw for a few days following surgery. DO NOT brush directly around the extraction site for 24 hours. If heavy bleeding persists bite firmly on gauze provided, or a moist tea bag for 45 minutes.

Swelling: Within the first 24 hours ice packs may be used, applied for 20 minutes on, then 20 minutes off. Rotate on and off until swelling improves. Motrin/Ibuprofen may be taken as well as sleeping with your head slightly elevated to decrease swelling. Heat may be applied 72 hours after surgery to aid with this as well.

Infection: If antibiotics were prescribed, please make sure they are taken as directed and until they are completely gone. Three to five days following surgery you should begin to rinse several times a day with warm salt water (1/2 teaspoon of salt to 1 cup of water), mainly after meals. If an irrigation syringe was provided to you, please begin gently flushing debris from the surgical site 72 hours following treatment.

Pain: Most discomfort following oral surgery will peak around 48-72 hours after the procedure and should begin to decrease. Over the counter medications such as Tylenol, Advil, and Aleve can help significantly with any discomfort you may be feeling. If prescription pain medications are ordered, please be very careful to take only as directed.

Diet: Soft foods which do not require lots of chewing are best. Avoid foods which may puncture or disturb and promote bleeding near the surgical site. Examples of foods to avoid are tortilla chips, popcorn, rice, or anything granular and sticky. Avoid alcoholic or carbonated beverages and hot liquids for 24 hours.

Bone Graft: If a bone graft was placed today, please be aware your bone graft is made up of small particles. Do not be alarmed if you find small granules in your mouth for the first few days. This is completely normal. The following precautions may be taken to avoid dislodging any particles from the surgical site: No vigorous rinsing or spitting for 3-5 days. DO NOT apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.

Implant: We will continue to monitor your implant's success over the next 3-9 months, before it will be ready to restore. In the interim, a flipper may be worn. Its purpose is strictly esthetic and should be removed while eating and sleeping. Store in the case provided and clean with regular dish soap and water (toothpaste is too abrasive) to remove daily plaque build-up.

Sinus Augmentation: Avoid creating any suction by smoking or sucking on a straw. DO NOT forcefully blow your nose to "clear" the sinus or nasal passages. DO NOT spit excessively. If you have to sneeze, do so with your mouth open to avoid pressure build-up.

Sutures: If sutures were placed we will let you know whether they will dissolve on their own or need to be removed at a follow-up visit. If they are dissolvable, the suture may eventually break and it can be gently pulled from the tissue just like a thread. Just make sure to pull the knot away from the tissue.

Smoking: Smoking is a great irritation to the surgical area, and will delay healing and increase the risk of infection. Smoking should be avoided or greatly reduced during the healing period.

Follow-up: Coming to your post-operative follow-up visits is crucial to the long-term success of your surgery. Please make sure your visit following today's procedure has been scheduled.

Do not hesitate to contact our office if you have any further questions or concerns.