ORAL SURGERY
POST OPERATIVE INSTRUCTIONS

BLEEDING
Some oozing of blood is expected following any surgical procedure. Oozing may occur for 1-2 days. If bleeding is present, bite firmly on gauze pad wedged between the cheek & the gum by the surgical site for 1 hour. Do not chew or talk with gauze in your mouth. If bleeding persists or is excessive, call our office. If no gauze is available, use a moistened tea bag. **AVOID** spitting, physical activity, lying flat, smoking, hot liquids or sucking through a straw for 7 days.

ACTIVITY
Rest as much as possible following surgery. Elevating your head with 2-3 pillows while lying down will decrease oozing and swelling. Avoid physical activity especially lifting small children, weights, and heavy objects or exercising. Cardiovascular activities can resume 72 hours post-surgery. **No smoking.**

DISCOMFORT
Take the pain medication that was prescribed for you within 1 hour after you return home. If you were prescribed an antibiotic you can start taking it the day of surgery and be certain to finish all of the pills. If you have any questions, please call our office.

DIET
After surgery your diet should consist of liquids and soft non-chew foods such as jello, ice cream, puddings, custards, etc., then advance your diet the next day as tolerated. Adequate oral intake helps prevent nausea, vomiting and dehydration. Nausea can generally be avoided by taking tea with toast, broth with crackers, Gatorade. Please call the office if nausea or vomiting occurs. Do not drink alcoholic beverages. Avoid popcorn, pretzels, peanuts, potato chips, nachos, crusty foods, or any foods with small seeds for 5 weeks following surgery.

SWELLING
Swelling following surgery is normal. Swelling will be biggest at 72 hours (3 days) after surgery. It will be important to use an ice bag pressed firmly to your cheek, Vi hour on, then V2 hour off for the first 3 days after surgery. Warm moist compresses can be applied to the swollen area for 5 days after using the ice. Use only during waking hours. Do not use a heating pad. Bruising may occur and usually appears 3-5 days after surgery. This may persist for one week and may even track down the front of the neck to the collarbone, or around the lower part of your eye.

OVER
SUTURES
Light colored sutures dissolve in about 5-7 days after surgery. The sutures placed after a bone grafting procedure may last longer and will be removed on your post-op appointment, usually in
about 10 days. Black colored sutures (if placed) will need to be removed at your appointed visit.

**ORAL HYGIENE**
Brush all of your teeth, except the surgical area, the night of surgery. The next day brush all your teeth, brushing gently by the surgical area. Gently rinse your mouth following brushing but remember to avoid spitting. Gently rinse and let the water drool from your mouth rather than spitting. This will help to prevent an infection. If you were given a syringe to irrigate it is important that you use it after some initial healing has started. Do not use the syringe for the first 5 days following surgery. Salt water or plain water may be used in the syringe to irrigate the surgical site and remove any food debris that may become lodged in the area.

**SINUS PRECAUTIONS**
If an upper back tooth was removed and you were informed about sinus precautions **DO NOT** blow your nose, suck on straws, or strain down hard (lifting weights or heavy objects) for 2 weeks.

**BIRTH CONTROL MEDICATION**
The use of Penicillin, Amoxicillin, or Tetracycline may decrease the effectiveness of oral birth control pills and the use of alternative birth control methods is recommended for the entire duration of taking the birth control pills, not the antibiotic. You should continue to use your birth control pills while on antibiotics, but additional preventive methods should be employed.

**OTHER**
An elevated temperature is normal for the first 24-36 hours (1-1.5 days). Numbness (paresthesia) of the jaw, lip or tongue on the operated side may persist for an undetermined duration or, in some cases, may be permanent. Avoid driving, operating hazardous equipment or making any financial decisions for 24 hours after a general anesthetic or intravenous sedation was administered or if you are taking narcotics for pain. Bone spicules (slivers) may become apparent and surface following surgery. These normally fall out. Others may have to be removed at a later appointment. A large or unstable filling, crown, or fixed bridge may become dislodged at the time of surgery or shortly thereafter. Occasionally, root or tooth fragments that reside close to vital structures such as nerves, blood vessels or sinuses may intentionally not be removed to minimize injury or involvement to these structures.

**IMPORTANT**
The above are **General Instructions**. If you have any questions, please contact our office.

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