

POST-OPERATIVE INSTRUCTIONS

Gauze Packs- The gauze packs should be applied over the surgical sites with firm biting pressure to control postoperative bleeding. Keep your head elevated and change the gauze every 30 minutes until the bleeding is controlled.

Mouthwash/Rinsing- Do not rinse your mouth today. Beginning tomorrow, you may rinse with warm salt water (1 tsp of salt in a cup of water), plain water or diluted mouthwash. Rinse 2-4 times daily for 7 days.

Ice Bag- Apply an ice bag over the side of your face where surgery was performed to help reduce the postoperative swelling. The ice bag should be rotated on the area for 20 minutes, off the area for 20 minutes. Ice bags should be used for the first 24-48 hours after surgery. Thereafter, placing moist heat over the area will help reduce any residual swelling or stiffness that may have occurred.

Pain and Swelling- Pain and swelling associated with surgery usually peak by the second or third day. Take the pain medication as directed by your doctor. Pain medication can cause nausea. Please take your pain medication with a small amount of food to help reduce the chance of nausea.

Bleeding- Minor postoperative bleeding is normal. There may be oozing from the surgical sites for the first few days. Placing gauze packs every 30 minutes and applying firm biting pressure over the surgical sites will stop most bleeding. You may need to replace the gauze 2-3 times before the bleeding is controlled. If this does not stop the bleeding, then wrap a piece of gauze around a moistened tea bag and place this over the surgical area while applying firm biting pressure. Keeping your head elevated and avoiding activities will also help. If these measures should fail, please do not hesitate to call the office or doctor.

Food and Liquids- It is particularly important to stay well hydrated after surgery. Please make sure you drink plenty of water, Gatorade, Pedialyte, or Sprite. Diet should be limited to soft foods on the day of surgery (scrambled eggs, pudding, yogurt, warm soup, etc.) Avoid hot liquids. After the first day, you can resume a normal diet when you are ready.

Nausea- Nausea can occur after surgery. It is usually due to either blood being swallowed or pain medication.

Sutures- Sutures may be used to help the tissue heal. They will either dissolve after a few days or be removed at your postoperative visit.

Smoking- Smoking should be avoided. Smoking will delay the healing process and increase the chance of developing a postoperative infection and pain.

Irrigating Syringe- One week following your extraction(s), you may begin use of an irrigating syringe to flush out the extraction site(s). Fille the syringe with warm salt water or diluted mouthwash, place the tip of the syringe near the extraction site and flush gently. Flush the extraction site(s) twice daily for two to three weeks.

Brushing/Flossing- You may begin brushing and flossing your teeth the day following surgery. However, be very careful around the surgical site.

Please avoid using a straw, rinsing or smoking for the first 24 hours after surgery, as this can dislodge the blood clot that forms within the surgical site and delay healing.

If you have any questions or concerns, please feel free to call the office at any time. We can be reached 24 hours a day at **(805) 983-3131**.