



## **Post Operative Surgical Instructions**

**Bleeding:** It is normal for minor bleeding to occur for the first 24 hours following surgery.

- Pressure should be placed on the gauze pad that has been placed for one hour and then discarded.
- If bleeding continues at home, place another gauze pad (sterile gauze provided to you) with pressure for 45 minutes; if bleeding persists, a cold wet teabag should be used in place of gauze pad for another 45 minutes. If bleeding continues, call the office at 426-8401.
- After the blood clot forms it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, spit, smoke, drink alcohol or carbonated beverages for 72 hours. Limit vigorous exercise for 24 hours.

**Pain and Swelling:** Pain, bruising and swelling are normal and expected following surgery.

- An ice pack placed on the face over the extraction site for 20 minutes on and 20 minutes off throughout the first 36 hours will lower swelling and bruising. Heat is not used for swelling.
- Severity of pain will depend on the procedure and your physical condition. Take an Ibuprofen (Advil, Motrin, etc) or Acetaminophen (Tylenol) to ease discomfort. If needed, use an antibiotic or pain-relieving preparation as prescribed by the dentist.
- Numbness of lips and/or tongue on the affected side may be experienced for a variable time. Difficulty in opening mouth and discomfort while swallowing should be anticipated.

**Diet:** Use a liquid or soft diet for the first 24-48 hours. Move on to normal diet gradually. Avoid foods that require excessive chewing. Avoid carbonated beverages and sharp or small non-chewed foods (chips, rice, corn, etc).

### **Home Care and Rinsing:**

- Do not rinse or brush for the first 24 hours following surgery.
- 24 hours after surgery, rinse mouth gently with salt water after meals (1/2 teaspoon salt per glass of water) to keep food debris from the socket area. Sometimes a syringe will be supplied for this purpose.
- 24 hours after surgery, resume brushing and flossing teeth, but avoid disturbing the surgical site. Chlorhexidine mouth rinse should be used twice daily in place of brushing the surgical site for 10 days.
- Get plenty of rest and avoid strenuous exercise.

**If Problems arise**, such as excessive bleeding, persistent pain, sharp edges, or severe swelling, please call the office immediately. (360) 426-8401