

## Post Op Instructions: after Oral Surgery

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*Post-operative care is important following oral surgery and proper recovery may be delayed if this care is neglected.*

### **Bleeding**

- Place a gauze pack onto the area that is bleeding and bite firmly.
- Keep the gauze in place for at least 30 minutes, applying continuous pressure.
- If bleeding continues, place a new gauze pack onto the area and continue pressure for another 30 minutes.
- Repeat the cycle until the bleeding stops.

### **Medications**

- To avoid stomach discomfort, be sure to eat 30 minutes before taking medication.
- Avoid alcoholic beverages. Alcohol may react adversely with your medication.
- If any itching, rashes or vomiting occur, discontinue all medications and call our office immediately, if it is severe or you have trouble breathing, call 911.
- *Women please note: Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your physician and use additional form of birth control while completing the course of your antibiotic therapy.*

### **Swelling**

- Swelling and stiffness in and around the extraction site are expected. This swelling may increase over the next 48-72 hours, and then it should start to subside.
- Ice may be used for the first 24 hours; apply it to the cheek for 20 minutes and removing it for 20 minutes alternately.
- Swelling and stiffness may be relieved by moist heat applied to the jaws on the 2nd and 3rd days following surgery.

### **Nausea and Vomiting**

- Carbonated beverages may help such as Ginger Ale. Ingestion of carbohydrates such as toast or crackers often helps as well.
- Avoid acidic fluids.
- Please call our office or consult your MD if it persists.

### **THE FIRST 24 HOURS ARE VERY IMPORTANT - PLEASE REFRAIN FROM THE FOLLOWING:**

AVOID: small straws, spitting forcibly, smoking, strenuous activities, hot liquids, and vigorous rinsing (doing so may dislodge the first blood clot, interrupt the healing process and cause dry socket).

### **TO BEGIN 24 HOURS AFTER SURGERY:**

- Salt water rinses: 1 cup of warm water with 1/2 teaspoon of salt. Gently rinse and drain. Repeat rinses 3-4 times/day.
- Begin gentle brushing of teeth.

### **THE FOLLOWING SHOULD CAUSE NO CONCERN:**

Slight post-operative oozing of blood for several hours (remember, a little bit of blood in saliva looks like a lot of blood). Continued swelling following surgery over the next 48 - 72 hours. Moderate discomfort controllable by medications. Discoloration of the skin of the face in the area of the surgical site. Slightly elevated temperature within the first 24 hours.

### **THE OFFICE SHOULD BE CONTACTED IF ANY OF THE FOLLOWING COMPLICATIONS ARISE:**

Uncontrolled bleeding. Severe uncontrollable pain. Swelling which has its initial onset after the first 72 hours following surgery. A marked increase in temperature.

**IF ANY OTHER PROBLEMS ARISE PLEASE CONTACT OUR OFFICE.**

Phone: 909-962-8828 ♦ [www.cosmeticmicrodentistry.com](http://www.cosmeticmicrodentistry.com)

## Post Operative Soft Food Diet

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A SOFT FOOD DIET CONSISTS OF SOFT FOODS THAT REQUIRE VERY MINIMAL CHEWING AND ARE EASY TO SWALLOW

MASHED POTATOES	PASTA	SCRAMBLED EGGS	PUDDING
COTTAGE CHEESE	APPLESAUCE	PANCAKES	SOUPS
PUREE MEATS	JELLO	YOGURT	RICE
SMOOTHIES	OATMEAL	VEGETABLES-COOKED TILL SOFT	

AFTER SURGERY IT IS VERY IMPORTANT TO REMAIN WELL HYDRATED. TO DRINK WE RECOMMEND:

PEDIALYTE	OTHER ELECTROLITE DRINKS
GINGER ALE	