



Post- Operative Instructions Following Surgery

Post Surgery: After your appointment, your lips, teeth and tongue may be numb for several hours. Avoid chewing until the numbness has completely worn off.

COLD, SOFT DIET ONLY FOR TWO HOURS FOLLOWING SURGERY

Post-Op Immediately Following Surgery:

- It is normal to have discomfort for several days following surgery.
- Keep firm pressure on the gauze for 30 minutes following surgery. Afterwards, if you feel that you are still bleeding, roll another piece of gauze up and bite on it for 30 minutes. Pushing the gauze in and out may dislodge your blood clot and lead to a dry socket – please keep the gauze firmly stationary as the bleeding subsides.
- Take pain medication as directed. It is recommended to take 800mg of anti-inflammatory every 6 hours as tolerated. Do not exceed 3200mg in a 24 hour period. Examples of anti-inflammatory medications are generic ibuprofen, Advil, or Motrin.
- Do not take pain medication on an empty stomach or you can get nauseous.
- Apply ice packs to area, for 20 minutes on, 20 minutes off for up to six hours.
- To decrease pain and swelling following surgery, it is recommended to drink plenty of cold liquids such as milkshakes, frosties, etc, but remember not to use a straw for at least 48 hours.

Post-Op 24 Hours Following Surgery:

- To further reduce pain and swelling, rinse gently with warm salt water after the first 24 hours. (1/2 tsp. of table salt in 8oz. of water). Do this 3-4 times daily for 4-5 days.
- If antibiotics are prescribed, take them as directed.
- Some light bleeding is normal for a day or so following surgery.
- Relax as much as possible. Avoid all strenuous activity for the first 24 hours following surgery.
- If bleeding persists, apply firm pressure with a gauze pad or bite on a tea bag (that has been soaked in cold water) for 20 minutes and elevate your head with pillows.
- Contact our office at (541) 549-9486 if this does not control the bleeding or if the bleeding increases.
- Remember to brush your teeth, a clean mouth heals faster! Gently use a soft toothbrush to brush in the area affected by surgery.

Post-Op for First 48 Hours:

- Your diet should consist of soft foods such as yogurt, ice-cream, eggs, overcooked pasta, soups, and cottage cheese. Avoid food like rice, peanuts, oats or anything that could lodge itself in the open socket.
- In the other areas of the mouth, continue your normal home care routine.
- Do not suck through a straw, spit, smoke, or lift anything heavy for the next 3-5 days. These actions can dislodge the blood clot.

IF YOU HAVE ANY CONCERNS, PLEASE CONTACT OUR OFFICE AT (541) 549-2011