



## ORAL SURGERY POST-OP INSTRUCTIONS

### 1. Pain Control

Discomfort can be significant for several days following oral surgery. If medication for pain has been prescribed, it will very likely be needed and should be taken as directed. If significant discomfort persists or gets worse beyond 3 or 4 days, you should notify our office.

### 2. Antibiotics

If an antibiotic was prescribed for the treatment or for the prevention of an infection, it should be taken as directed until finished. If a problem develops or an allergy is suspected, stop taking the antibiotics immediately and contact our office. If you cannot contact our office and you have **urgent** concerns, please proceed to the nearest emergency department.

### 3. Bleeding Control

Some bleeding is to be expected during the first day after your surgery.

- Make a thick pad of gauze, place it over the area and bite down firmly. Maintain firm, steady pressure for 30 minutes. If bleeding persists, replace the gauze and repeat for additional 30 minutes.
- Sit down and relax. Avoid activity that increases your heart rate.
- If bleeding does not stop, contact the office.

### 4. Ice packs

Cold reduces swelling and should be applied 15 minutes on and 15 minutes off during the day of the surgery and the following day.

### 5. Mouth Rinses

DO NOT RINSE YOUR MOUTH TODAY. Beginning tomorrow gently rinse 3 or 4 times per day for one week with warm salt water unless otherwise instructed.

### 6. Food

Soft foods are advised during the next 2 or 3 days. Care should be taken that your diet consists of a variety of healthy foods, particularly if you are going to be without teeth for some time. Drink plenty of fluids. Avoid foods that breakdown into small, hard pieces, such as nuts, chips and raw carrots for several weeks.

### 7. Stitches

If sutures were placed, they were probably the dissolving type and will not require removal. Your dentist will advise you if an additional appointment is required for removal.