



## Instructions Following Oral Surgery

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### Bleeding

Do not be concerned if traces of blood are noted in the saliva for several hours after the operation. Do not rinse the mouth vigorously for the first few hours as a disruptions of the clot may occur. It is best to avoid hot food or fluid until the day following surgery. If continuous or excessive bleeding occurs, please contact the office.

### Pain

You may have moderate discomfort after the anesthesia wears off. Most discomfort can be controlled with a mild analgesic. A prescription for a strong analgesic may be issued, if necessary and should be used as directed.

### Antibiotics

Antibiotics may be prescribed depending upon the surgical procedure. It is important that these antibiotics be taken completely as directed.

### Swelling

In some cases swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery for one-half hour on and on-half hour off for the first three or four hours. Ice cubes in a plastic bag work nicely for an ice pack. If swelling and discomfort persist, warm wet compresses may be used over the area on the second and subsequent days. These are to be applied for twenty minutes on and forty minutes off for three hours each day.

### Oral Hygiene

Meticulous oral hygiene should be continued in all other areas of the mouth, but the area of surgery should be avoided to prevent dislodging the surgical dressing. Beginning the day after the extraction, gentle rinsing twice daily for one week with a warm saline solution (1/2 teaspoon salt mixed with 6 oz. of warm water) will be sufficient. You should continue to brush your teeth and stimulate the tissue elsewhere in your mouth. Rinsing helps flush out the debris which collects around the dressing.

### Nutrition

Maintaining an adequate diet after surgery is important. You can chew on the opposite side of your mouth and should avoid extremely hard or spicy foods. We have listed below some foods that supply nourishment with little if any chewing necessary for swallowing.

- Broths
- Soups
- Ice cream
- Eggs
- Baby foods
- Chopped or ground meat
- Custards and puddings
- Malted milk and shakes
- Food supplements such as Metrecal or Carnation Instant Breakfast are highly recommended if you have difficulty obtaining an adequately balanced diet.

You will assist that healing response by observing the following procedures

- Maintain an adequate home care level.
- Decrease or eliminate smoking as smoking significantly delays the healing of oral tissue.
- Attempt to maintain a high protein diet.
- Use the various plaque control aids in areas free of periodontal pack.
- Utilize warm salt water rinses (1/2 tsp. salt / 8 oz. of water) to remove debris.

### Tooth Sensitivity

Tooth sensitivity following surgery is almost totally related to inadequate plaque removal. It is very important then to be very meticulous with your plaque control procedures. DO NOT use a Waterpik in surgical areas for three weeks.

Remember that you have just had minor surgery. Be kind to yourself.