

POST OPERATIVE CARE FOR ORAL SURGERY

It is important to take care of your surgery site, so please read and follow these instructions.

- 1) Bite on the initial gauze placed by the office for 1 hour to stop any bleeding. Then, change the gauze every half hour. If bleeding persists, bite on another gauze (or wet tea bag) for a few more hours until bleeding stops. If swelling occurs, place an ice pack (or chopped ice in a towel) on swelling site. Alternate applying the ice 10 minutes on and leaving ice off for 10 minutes. Do not over ice.
- 2) Drink plenty of liquids (without use of a straw) for the first 24 hours to dilute any swallowed blood, which can cause nausea. Taking any medication on an empty stomach can also cause nausea.
- 3) For the first 24 hours **DO NOT** smoke or drink through a straw. **DO NOT** drink alcohol, soda or hot liquids. **AVOID** eating spicy food or food containing small pieces. **DO NOT** blow your nose or spit excessively as this can cause the blood clot over the surgical site to be lost and pain may occur (also known as dry socket).
- 4) **DO** maintain a soft diet for the remainder of the day (warm soup, ice cream, eggs, mashed potatoes, Carnation Instant Breakfast, etc.). Twenty-four (24) hours AFTER the extraction, start rinsing gently with warm salt water every 4 hours for 2 days. (1 teaspoon of salt to 1 cup of water).
- 5) When you are given any antibiotics you must take them as directed until finished so that an infection will not take over. Remember, that when you don't finish a prescription for an antibiotic you run the risk of becoming immune to that antibiotic.
- 6) Dry sockets are caused when the sockets from which teeth were extracted become dry and extremely painful. **Almost all dry sockets occur among smokers because when you smoke a cigarette it removes the blood clot (scab) from the socket, which stops the healing.** Another common cause of dry socket is not eating because your mouth is sore. Nutrition is extremely important to your healing and that is why we recommend you stay hydrated and maintain a healthy diet after your surgery.