Post-Operative Surgery Instructions

Thank you for coming to our office for your oral surgery treatment. Your treatment continues until healing is complete. Please carefully note the following:

Things to Expect:

* Swelling – This is normal following a surgical procedure in the mouth. It should reach its maximum in 24 – 48 hours and diminish by the fourth post-operative day.
* Discomfort – The most discomfort that you will experience will be during the period when sensation returns to your mouth.
* Hemorrhage – Bleeding or “oozing” for the first 12 to 24 hours is to be expected.

Things to Do:

* Bleeding – Bite on the gauze placed in your mouth at the end of the procedure for at least one hour, but three to four hours is recommended. If bleeding is more than slight, take gauze and remove excess blood clot. Place dampened gauze over the bleeding area only. Hold this firmly for twenty minutes so that no blood escapes. Repeat this procedure as necessary. If bleeding persists call the office immediately.
* Swelling – The swelling that is normally expected is usually in proportion to the surgery involved. This swelling may be minimized by the immediate use of ice or cold packs. Apply ice to the side of the face for fifteen minutes then remove for fifteen minutes. Continue for a few hours. Prolonged use of ice is of no value.
* Diet – After waiting one hour, one should be able to take fluids by mouth. A liquid or soft diet may be necessary for the first two days. This would include soups, soft drinks, hot cereals, eggs, pureed meats, cottage cheese, etc.
* Medication – Take all medications as directed. This is essential. The medications are prescribed principally to control pain and to prevent infection.
* Mouth Rinses – Do not rinse for 24 hours after surgery. Rinsing the mouth with warm salt water will speed healing by maintaining a clean wound. It is also important to continue with your regular brushing and flossing routine, gently.

If you have any questions or concerns, please contact our office at 360-734-7055.