

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 gauze for 2 hours to stop the bleeding. If bleeding persists bite on another gauze (or tea bag) for a few more hours until bleeding stops. Expect some bleeding and oozing for 24 hours. If swelling occurs place an ice bag (or chopped ice in a towel) on swelling site. Alternate applying the ice for 10 minutes and leaving ice off for 10 minutes. Do not over ice.
- 2) Drink plenty of liquids 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, pop or hot liquids. Do not blow your nose or spit excessively. All these things can cause the blood clot over the surgery to be lost and pain may occur.
- 4) **DO** maintain a soft diet for the remainder of the day (warm soup, ice cream, milk shakes, carnation instant breakfast, etc...). Tomorrow morning start rinsing gently with warm salt water rinses every 4 hours for 2 days. (1/4 teaspoon salt to 1 cup of water).
- 5) When ever you are give antibiotics you must take them as directed and until they are **gone** so that infection won't take over. Remember, when you don't finish a prescription for antibiotics you risk becoming immune to that antibiotic.
- 6) Dry Sockets are caused when the sockets from which the teeth were pulled become dry and extremely painful. Almost all dry sockets occur among smokers because when you suck on a cigarette it sucks the blood clot (scab) out of the socket which stops the healing. Another common cause of dry sockets occurs most often among women from 17-25 years old because most young women in our society feel that they could lose a few pounds and think that since they are sore anyway they will just not eat. Nutrition is extremely important to your healing and that is why we recommend you eat and drink a lot after your surgery. Carnation instant breakfast drink is an easy source of nutrition.
- 7) If any problems or questions do arise always feel free to call the office at 932-2058.