

Postoperative Care Following Oral Surgery

Read the following instructions carefully to help speed recovery.

- 1.** Bite firmly on the cotton gauze for 30-45 minutes. Repeat with a clean, rolled gauze and bite again for another 30 minutes. Continue this procedure until bleeding stops and a blood clot forms. The clot is part of nature's way of healing and should not be disturbed.
- 2.** If the bleeding is persistent, bite on a moistened tea bag wrapped in a piece of gauze for 30 minutes. The tannic acid in the tea constricts the tiny blood vessels in the wound and helps to form a clot. **If bleeding persists after 24 hours, phone our office. If it is after hours, ask our service to contact the doctor.**
- 3.** Avoid any forceful spitting, rinsing and drinking through a straw for 24 hours after leaving our office. This may dislodge the blood clot and interrupt the normal healing process. Smoking for the first 72 hours post surgery is strongly discouraged.
- 4.** Avoid any hot, hard or raw foods until the wound has healed. A soft diet with plenty of fluids is recommended. Foods consisting of proteins and Vitamin C are also recommended to help promote the natural healing process. Soft and cool foods, such as jello, applesauce, ice cream and milk shakes (no straw) are recommended for the first 48 hours.
- 5.** 24 Hours after the surgery, a series of warm salt water rinses are recommended. (A tall glass (8 oz.) of luke warm water and a half teaspoon of regular (real) table salt mixed in.) Do not swallow the salt water. Rinse. Do this 4-5 times a day to soothe the surgical area.
- 6.** To prevent or relieve any swelling, apply ice to the affected area. Apply ice 15 minutes on and 45 minutes off until swelling subsides. **Report persistent swelling to our office.**
- 7.** Antibiotics may be prescribed to reduce infection. If antibiotics are prescribed, take the entire prescription as directed. Antibiotics may lessen the effectiveness of birth control pills for up to 1 week after discontinuing the antibiotic.
- 8.** Pain medications may be prescribed following surgery. Take these medications as directed and only if needed. Avoid alcohol while taking these medications. **Before leaving the office following surgery, ask your Doctor when to start your pain medication.**

Should anything seem unusual with your surgery or healing, please phone our office anytime at 424-1201.