

## Oral Surgery patient instructions

### Bleeding

Some oozing is normal after surgery. Leave the gauze pad over the area of surgery for about 30-60 minutes. Place gauze over the surgery site by biting on the gauze with mild pressure. You may replace the gauze no sooner than every 20 minutes. Avoid spitting or rinsing of your mouth in order to not interfere with clot formation. A clot should form within a few hours after which you may remove the gauze pad. Wisdom teeth tend to bleed longer. When a tooth is removed, your body creates a blood clot to protect the newly exposed bone and nerves. If that clot is disturbed, it leaves the nerves and bones vulnerable to bacterial contamination and pain. Not only does this slow your recovery process, but it can leave you in extreme discomfort. To avoid dry socket please follow your at home care instructions.

### Medication

*You may be given several different prescriptions*

***Pain Medication:*** If you were given a prescription for pain, have it filled immediately and follow the directions. Take your first pain pill before the anesthetic has worn off, this will allow you to manage any discomfort better. Narcotic medication should be taken as a second line medication. DO NOT take medication on an empty stomach, or you may become nauseated. The most severe discomfort is usually within the first 8 hours of surgery; after that, your need for medicine should lessen. Do not drive or operate dangerous items/machinery while taking pain medication. Do not drink alcohol while taking pain medication.

***Infection:*** If you were given a prescription for an antibiotic, the directions must be followed closely. Your antibiotic should treat and prevent infections. Complete the full cycle of prescribed antibiotics.

***Rinse:*** If you were prescribed an antibiotic rinse *Chlorhexidine*, please start it the day after surgery. Follow the instructions on the bottle and use for 8 days only, unless specified otherwise by your doctor.

### Diet

Immediately following surgery avoid extreme temperatures of food. Your teeth and surrounding bone near the surgery sight may be sensitive. Soft foods are recommended initially until the numbness goes away. Avoid small bits of food that can get stuck in the socket like rice, oatmeal, popcorn, nuts and seeds. As soon as you are comfortable, you can start a solid diet.

### Dressings

**Sutures:** If stitches were placed in your mouth, it was to prevent excess bleeding and help hasten the healing. Dissolvable stitches are used and do not require removal.

**Ice Pack:** Ice should be used for the first 24-48 hours after surgery to reduce swelling.) Ice packs can be applied to your cheeks. Use ice for 20 minutes on/ 20 minutes off as needed.

### Sleep

Following oral surgery, you should sleep with your head elevated for the first 2-3 nights. This allows your body to drain more fluid away from the extraction site.

### Other Instructions

1. If a denture or another prosthesis was inserted following your surgery, do not remove it for 24 hours or until you have been seen by our office or your family dentist.
2. In some types of surgery, particularly surgery of wisdom teeth, a numbness may be experienced for days or even weeks after surgery. Do not become alarmed; this most probably is temporary and should gradually disappear.
3. If contact sports are planned, ask us for advice as to when they can be resumed.
4. If you have had sedation or a general anesthetic, you should not drive a car or operate dangerous equipment for the remainder of that day and night.
5. Do not smoke for a period of 72 hours after your surgery. Smoking can create problems with healing and may cause infections.
6. Get plenty of rest and do not exercise or have strenuous or physical activities for 3 days after your surgery.
7. Avoid drinking through straws and spitting. Both can cause your blood clot to be removed.
8. Try to have a companion for at least 6 hours after your departure from the office.