

# ORAL SURGERY

## A F T E R C A R E

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### **SMOKING**

Smoking is the single most detrimental activity to proper healing. **DO NOT SMOKE** on the day of surgery.

### **GAUZE PACKING**

Bite firmly on the gauze placed in your mouth immediately after surgery for **ONE FULL HOUR**. This is necessary for proper healing to be initiated. Early removal will cause bleeding and further complications. After one hour gently remove the gauze and do not place further materials in the area unless instructed to do so.

### **BLEEDING**

Some mild bleeding after surgery is normal. Slight to moderate amounts of blood mixed with saliva is anticipated and should be ignored. Profuse bleeding characterized by the formation of a large clot in the mouth should be reported to your dentist.

### **SWELLING**

Significant swelling is normal. It should occur in the first day or so and will remain for 4-5 days. If swelling starts to close your eye or extends down into the next region, call your dentist immediately.

### **PAIN MEDICINE**

Take all medications (pain, antibiotic) as directed by your doctor. You have been given medicine that should be adequate to relieve your pain significantly. If severe pain persists, call your dentist.

### **DIET**

For the first 24-48 hours, you should maintain a diet of soft foods, such as Jell-O, pudding, yogurt, mashed potatoes, soups, etc. Food that crumbles such as potato chips, popcorn, crackers, cookies, etc. should be avoided. Hot spicy foods should also be avoided to prevent irritation and burns of the extraction site. Also avoid carbonated beverages for 3-4 days. Eating immediately following the procedure is not recommended. When the numbness has worn off you may eat, yet be sure to chew on the opposite side for the first 24 hours in order to keep food away from the extraction site. It is also important to drink plenty of fluids in between meals and with meals. Return to normal diet as tolerated.

### **HYGIENE**

In spite of the fact that you will be sore, an attempt at normal hygiene is recommended. Continue to brush your teeth and tongue as much as possible, and floss all areas except the immediate socket area. **DO NOT** attempt to clean out the socket directly! After the first day gentle rinsing with mild salt water or mouthwash diluted 50% with water is acceptable. If you feel that you are having abnormal bleeding, swelling, pain, or other complications call your dentist immediately. Do not spit, rinse, or suck on straws on the day of surgery. These activities will dislodge your healing blood clot.

**PLEASE CONTACT MINT DENTISTRY IF ANY ISSUES DO OCCUR. POST OP EXAMINATIONS ARE ENCOURAGED. YOUR DENTAL HEALTH AND COMFORT IS OUR NUMBER ONE PRIORITY.**