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HOME CARE FOLLOWING ORAL SURGERY

Below is a set of instructions to aid you in the proper home care following oral surgery. Following them will encourage rapid healing and promote painless recovery after oral surgery.

Immediately:

1. Don't rinse mouth for 24 hours.
2. Keep fingers and tongue away from the socket.
3. **BLEEDING:** Bite on a moistened gauze pack for the next 30 minutes. After this time gently remove the pack. If the area still shows signs of bleeding, bite on a new piece of gauze for an additional 20 minutes. **Bite firmly on this gauze.** If the bleeding still has not subsided than call our office.
4. **SWELLING:** Place a plastic bag or towel filled with ice on the area to reduce post operative swelling. Leaving it on for 10 minutes, than 10 minutes off for an hour. Swelling may start after tooth has been removed but is not cause for alarm.
5. During the first 48 hours after surgery, **DO NOT** smoke, spit, suck or drink from a straw, or have carbonated beverages. These activities will disturb the blood clot, and thereby greatly prolong the healing time or increase the chance for serious infection.
6. If a medication for pain or infection was prescribed take exactly as directed. This is very important for healing. **NOTE:** Woman taking birth control should use alternate forms of contraception while taking antibiotics to fight infection.
7. **FOOD:** A light diet is advisable during the first 24 hours. Soft foods, and lots of fluids with lots of rest.
8. **BONY EDGES:** After teeth are extracted, the patient may feel hard projections in the mouth and think they are roots. This is usually the hard, bony partition which surrounds the roots of the tooth. These generally break away or work themselves out.

NOTE: Varying degrees of discomfort, swelling, bleeding, stiffness of the jaw, as well as facial discoloration are normal following oral surgery procedures. If you feel there is a problem, please don't hesitate to call our office.