

POST-OPERATIVE INSTRUCTIONS

1. Maintain gentle, but constant, biting pressure on the gauze in your mouth for at least one hour after you leave to prevent any oozing or bleeding. After this first hour, if you are still having some bleeding simply place another gauze packing directly over the surgery site for at least one more hour. Remember to keep constant biting pressure on the gauze. If you run out of gauze, a wet tea bag is an excellent substitute.
2. For the first 24 hours after your surgery (only while you are awake) keep an ice bag on your face. Alternate sides about every 10 minutes or so.
3. Beginning the second day, keep moist heat over the surgery site. This will help to make the swelling go away a little faster. If you do not have any swelling, you can skip putting heat on your face.
4. Do not try to chew anything before the feeling returns. Avoid straws, and plan on soup or soft foods for a day or two.
5. Gently rinse your mouth with warm saltwater beginning the second day. Use about one teaspoonful of salt in a glass of water.
6. You may brush your teeth beginning the second day. It is important to keep your mouth as clean as possible.
7. Sleep with your head and shoulders elevated higher than your heart if possible. This helps to decrease both the swelling and bleeding.
8. Take the medications as directed. If you do not understand how you are supposed to take these medications, or have any questions regarding your medications, please call me.
9. It is not unusual to have some slight oozing for the first 24 hours. You may certainly rinse your mouth as you need, but do not stand over the sink and spit repeatedly. This will just make the area bleed even more! Instead, bite on gauze immediately after rinsing so it will not bleed anymore.
10. Smoking will greatly increase your chances of developing a "dry socket". So, do not for the first day or two. The longer the better.
11. If you have any questions or have pain after 3 days, please call me. If it is after normal business hours, or the weekend, call me at home. The number is on the front instruction sheet you are given the day surgery.