

CONCERNING YOUR ORAL SURGERY TODAY...

Proper care following oral surgery will hasten recovery and will prevent complications. Please follow these home care instructions to assist recovery from your oral surgery.

Immediately:

- Bite on gauze pack as instructed for fifteen (15) minutes to stop any bleeding.
- Use an ice pack to reduce swelling after anesthesia wears off. Fifteen (15) minutes on, then fifteen (15) minutes off for the first six (6) hours after surgery. Facial swelling may be the greatest several days after surgery, even after ice pack placement.
- Get plenty of **REST**
- Drink fluids and eat soft foods.
- Take medication as instructed.
- **DO NOT SMOKE, SPIT, DRINK WITH A STRAW, OR RINSE VIGOROUSLY FOR 24 HOURS** (this will disturb the clotting necessary for healing).

The Next Day:

- Gently rinse your mouth with warm salt water (1/2-teaspoon of salt per 8oz glass of warm water).
- Resume brushing your teeth except over the extraction area.

VARYING DEGREES OF DISCOMFORT, SWELLING, BLEEDING, STIFFNESS OF THE JAW AND FACIAL DISCOLORATION ARE NORMAL FOLLOWING ORAL SURGERY PROCEDURES.

Pain

- Take Ibuprofen or Tylenol every four (4) to six (6) hours as necessary. If medication is prescribed, follow the directions on the bottle.

Bleeding

- Minor oozing may be expected for two to three days. To control secondary brisk bleeding, place a gauze pack or wet tea bag over site and bite firmly repeat as needed every fifteen minutes.

Jaw Stiffness

- This is common and may last up to ten days. Use warm towels to comfort stiffness.

Your welfare is of concern to us during and after your surgery. In the event you believe you are experiencing unusual pain, swelling, bleeding, stiffness or fever, please call our office immediately.