



Post-Operative Instructions

Care of your mouth after surgery has an important effect on healing. Swelling, discomfort and tightness of the jaw muscles are normal responses and can occur the first 24 hours following surgery. By carefully following the instructions, your mouth will heal better and faster.

BLEEDING

Some bleeding is to be expected. Continue biting on the gauze for at least one hour. After the first hour, change the gauze every hour. If bleeding continues beyond two hours, moisten tea bag with water and bite firmly for one hour. Do not use herbal tea bags. If bleeding does not stop within four hours, call the office.

SWELLING

Swelling of the jaws is to be expected. Apply an ice pack on the affected area for 20 minutes, then off for 20 minutes. Ice pack therapy is to be used only the first eight hours following surgery.

PAIN

You may have been given a prescription. If not, you may take Tylenol or Ibuprofen. Refer to label instruction. If pain flares back up in one or two days after the extraction, please call the office.

DIET

During the first day you may eat a soft diet if you desire. Recommended foods include: mashed potatoes, soup, milk shakes, and instant breakfast

INFECTION

Most abscesses will clear up without antibiotics. If you have an increase in swelling after the second day, please call the office.

-DO NOT-

** DO NOT smoke for 3-5 Days

** DO NOT chew tobacco or snuff for at least one week.

Smoking is our number one cause of a dry socket. During the first 24 hours drink extra fluids. After the first 24 hours, rinse mouth gently after each meal and before bedtime with warm salt water rinse. Mix 1/8 tsp. of salt in 8 oz. glass of warm water. First brush your teeth normally and second lightly brush over the extraction site. Recommended drinks include: tea, milk, coffee, Kool-Aid, and juices. DO NOT use a straw. No carbonated beverages. No swishing or spitting

Please feel free to ask any questions regarding your surgery.

Call the office at 706-796-6269