



ORAL SURGERY POST-OPERATIVE INSTRUCTIONS

1. Pain Management:

- Take the prescribed pain medication before the local anesthetic wears off and after eating to manage discomfort effectively.

2. Gauze:

- Keep gauze over the surgical area with gentle pressure for **one hour** continuously until bleeding stops. Replace as needed.

3. Bleeding:

- Expect to have some bleeding, oozing, or redness in the saliva for the first 24 hours.
- If bleeding recurs, apply a small folded gauze pad over the area and bite down or hold with firm pressure for another 30 - 60 minutes.
- Remove excess blood clots before replacing gauze again.
- If bleeding continues to persist, bite down on a cold, soaked tea bag to help clot the blood. If still uncontrollable, contact our office.

4. Swelling:

- Swelling is normal for the first **72 hours (3 days)** after surgery. In fact, for most patients the worst swelling is **on day 3** after surgery.
- Swelling around the cheeks, eyes, and jaw are all normal depending on the procedure that you had. Bruising and some discoloration of the face is also normal.
- Apply an ice pack to the face for 30 minutes each hour during the first 24 to 48 hours to help reduce swelling.
- Sleep with your head elevated for two days to reduce swelling.

5. Rinsing:

- Avoid vigorous rinsing or touching the affected area for 24 hours.
- Also, avoid spitting or using a straw for the first day.
- Use warm salt water rinses after meals starting the day after surgery to keep your mouth clean.

6. Cleaning:

- Brush your teeth lightly the day after surgery and rinse gently to avoid dislodging the blood clot.
- Avoid vigorous brushing, rinsing, or spitting for the first 24 hours after surgery.

7. Diet:

- Stick to light, soft foods and drink adequate liquids.
- **AVOID** hard-to-chew or hot foods, as well as nuts, seeds, popcorn, or scrambled eggs that may get stuck in the surgical area.

8. Prescriptions:

- Take all prescribed medication as directed. **You may or may not** have been prescribed antibiotics. Not every surgery requires antibiotics post-operatively.
- **You may or may not** have been prescribed a rinse. If a rinse was prescribed, please use it as instructed.
- **You may or may not** have been prescribed pain medicine, if not, follow the instructions for over the counter pain medication.
- **Stop** antibiotic use if you experience a rash, diarrhea, or other unfavorable reaction.

9. Follow-Up:

- Attend your follow-up appointment as scheduled. **Not all surgical procedures require follow-up.**

10. Stitches:

- The majority of stitches placed will dissolve **on their own** in 7 to 10 days; no need to remove them. In some cases, your doctor will tell you specifically if you need to return to have them removed.

11. No Smoking:

- If you smoke, please avoid doing so for at least 1-2 weeks after surgery, as it can greatly hinder the healing process. Smoking can put you at risk for infections and complications such as dry socket.

12. Dry Socket:

- If you experience discomfort starting on the third or fourth day after surgery, it may indicate a "dry socket." Contact the office if this happens. **718-226-1251**