

## POST TREATMENT FOR ORAL SURGERY

### THINGS TO EXPECT:

Bleeding- Bleeding or “oozing” for the first 12 to 24 hours.

Swelling- This is normal following a surgical procedure in the mouth. It should reach its maximum in two to three days and should begin to diminish by the fifth post-operative day.

Discomfort- The most discomfort that you may experience may occur for a few hours after numbness goes away. Discomfort may gradually increase again for 2-3 days, and then begin to diminish over the next few days.

### THINGS TO DO IMMEDIATELY FOLLOWING SURGERY:

Bleeding- Place gauze over extraction site(s) and maintain pressure by biting for at least 45 minutes. Do not suck or spit excessively. NOTE: Some “oozing” and discoloration of saliva is normal. If bleeding is excessive or persists call the office for further instructions.

Swelling- Place ice or cold compress on the area of surgery 15 minutes on, 15 minutes off for first 24 hours. Do not use heat until after 24 hours has passed, then moist heat may be used.

Avoid- Smoking during healing period, drinking through a straw and drinking carbonated, hot or alcoholic beverages.

Discomfort- Take medications as directed for pain. Mild to moderate pain can be relieved by non-prescription pain relievers (Advil, Aleve, and Tylenol). For severe pain, take prescription pain medication as directed. Remember that these meds can take up to 30 minutes to 1 hour to take effect. If you are using any of these medications for the first time, exercise caution with the initial doses (start with ½ a pill).

Diet- Eat soft cool foods today and start a normal diet as tolerated after first 24 hours. Please refrain from eating sharp (chips, almonds, etc.) or hard to chew (steak) foods during healing period 1 week.

Physical- For first 24 to 48 hours, one should rest and take it easy. Patients who have sedation should refrain from activity such as driving an automobile and from engaging in any task that requires alertness for the next 24 hours.

### DAYS AFTER SURGERY:

1. Brush teeth carefully.
2. 24 hours after surgery you may begin warm salt-water rinses (1/2 tsp salt in large glass of lukewarm water). Gently rinse for about 1 minute, 3 times a day for at least the next 2 days.
3. If antibiotics were prescribed, be sure to take ALL that have been prescribed, as directed.
4. In most cases sutures will dissolve on their own.
5. Dry socket is a delayed healing response, which may occur during the second to fourth post-op day. It is associated with a throbbing pain on the side of the face, which may seem to be directed up toward the ear. In mild cases, simply increasing the pain medications can control the symptoms. If this is unsuccessful please call the office.
6. If post op appointment was made for following week, appointment will take about 5-10 minutes. Irrigation instructions will be given at this appointment and sutures will be removed.

### CONTACT THE DOCTOR IF:

1. Bleeding is excessive and cannot be controlled.
2. Discomfort is poorly controlled.
3. Swelling is excessive, spreads, or continues to enlarge after 60 hours.
4. Allergic reactions to medications may occur, such as a generalized rash or excessive itching.
5. Nausea cannot be controlled.

**IF PATIENT LOSES OR HAS LOST CONSCIOUSNESS CONTACT EMS OR CALL 911**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT OUR OFFICE AT: 806.698.6684**

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1. **Peridex**- Is a medicated oral rinse which will help the healing process of your surgical site. **Start using this rinse 2 days after surgery, beginning in the morning.** Directions are on the back of bottle. Please note if you do not brush your teeth well while using this rinse it will stain and stick to plaque, which can only be removed by an in office cleaning.

**Morning**- Eat breakfast, brush, rinse with peridex. (Peridex will wear off during the day with saliva, food, etc.)

**Evening**- At bedtime, brush, rinse with peridex.

Please repeat until bottle is empty or until told to discontinue.

2. **Gauze**- The package has been sterilized and is ready for use. \*See Post op instructions for usage if extraction only. If sutures were placed please only dab gauze on surgical site, do not put pressure or bite on.

3. **Extra Soft Toothbrush**- Please refrain from using toothbrush until directed at your 1-week post op appointment. Implants will build plaque like teeth, when directed, use soft toothbrush on implant.

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