

Oral Surgery Post Operative Instructions Extractions

To Promote Healing, Prevent Complications and Heal with More Comfort, please follow these Post-Operative Instructions.

After Your Surgical Procedure:

First Half Hour: Apply pressure by biting on sterile gauze.

When You Get Home: Approximately thirty minutes after surgery, remove the gauze and apply an ice bag or cold towel to your cheek or jaw. Apply for ten minutes and remove for twenty. Repeat this sequence for eight hours.

24 Hours After Surgery: Dissolve one teaspoonful of salt in six ounces of warm (not hot) water. Rinse gently to avoid dislodging the blood clot. Rinsing flushes away food particles which may lodge in the surgical site.

Bleeding: A little bleeding is normal. If it is bothersome, use gauze or cotton to apply pressure to the surgical area for about thirty minutes. If bleeding persists, soak a cotton ball in strong tea and place it firmly on the area and apply pressure.

Swelling: If swelling persists for 24 hours after an extraction, continue applying ice for five to ten minutes every half hour. Over-the-counter Advil (ibuprofen) will usually reduce the swelling.

Sharp Edges: If you feel something hard with your tongue, it is likely to be bone. It will heal if you leave it alone and keep the area clean.

Diet: A nutritionally balanced diet is very important. During the first 24 hours eat warm (not hot) soups and soft foods. Meats, vegetables, and fruit can be liquefied in a blender. Progress gradually to solid food. Do not skip meals. Regular nourishment will help you heal faster.

Avoid Smoking, Alcohol, Very Hot Foods, Drinking Through Straws and Strenuous Athletic Activities.