

## Oral Surgery Post-Operative Instructions

1. Bite down firmly on the gauze for 30 minutes or until the bleeding stops. If there is still some bleeding at 30 minutes, replace with new gauze. Be sure to dampen gauze with cold water before replacing new gauze pad. No gauze is needed once the bleeding stops. If bleeding persists past 2 to 3 hours and does not seem to be decreasing, moisten a tea bag, (no herbal teas) place it over the extraction site, and bite down with pressure. Hold again for 30 minutes. The tannin in the tea helps to clot blood.
2. Depending on the difficulty of the surgery, some swelling and bruising may occur up to the third day after surgery. For the **first 48 hours after surgery, an ice pack should be used** for post-operative swelling. Place the ice pack on the outside of your face at 15-minute intervals. Beginning **72 hours after surgery, you may apply heat** on the outside of your face for resolution of muscle discomfort.
3. A certain amount of discomfort is normal following surgery. The medications prescribed should make you comfortable, but will not completely eliminate the sensation from the area. The area may be sensitive to hot and cold for a week or two. **PAIN MEDICATIONS SHOULD NOT BE TAKEN ON AN EMPTY STOMACH.**
4. Do not smoke for 7 days following surgery. Do not drink alcoholic beverages, or suck on anything including straws for 3 days following the surgery. **Do not rinse your mouth for 24 hours.** These actions may slow the healing process considerably by dislodging the blood ("dry socket").
5. Patients who have had general anesthesia should have a responsible adult stay with them for 6-8 hours following surgery or until the patient no longer feels sleepy from anesthesia. The surgical sites may be numb for 8-10 hours if a long-acting local anesthetic was given.
6. On the day following surgery, you may gently brush your teeth, avoiding the operative site. Dissolve ½ teaspoon of salt in an 8-ounce glass of warm water. Gently rinse mouth for 2 minutes taking care not to suck or spit, but to have water fall from your mouth. Rinse mouth 4 times daily for as long as there is swelling and soreness. In addition, you will want to begin rinsing with Peridex oral rinse as directed, if prescribed.
7. **DIET: COLD SOFT FOODS ARE TO BE EATEN THE DAY OF SURGERY** (Milkshakes, yogurt, ice cream, cold pureed soups, etc.) Do not use a straw to drink liquid beverages. The following day, warm soft foods may be eaten. Concentrate on adding protein to your diet (eggs, soft meats such as fish and poultry, tofu, pasta, beans, etc.). Avoid the operative sites when eating.

For additional information, please refer to our website [www.eastbayoralsurgery.com](http://www.eastbayoralsurgery.com). Click on patient information, then surgical instructions. If any unusual bleeding or swelling occurs, please call our office.