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Instructions For Patients Following Oral Surgery

You have undergone a surgical procedure. You must follow several precautions so that you may heal properly and with minimal discomfort.

1. To control bleeding, place the folded gauze over the surgical site and gently close down. Pressure from the gauze controls the bleeding and a clot will form within a few hours. Do not be alarmed if the site oozes blood for an hour or two. The surgical site may ooze blood for several days. If the bleeding seems heavy or your mouth is filling with blood, call the office.
2. To control discomfort, you may have received a prescription; take it as directed. If you did not receive a prescription, over-the-counter pain relievers should be adequate to control the discomfort. Take the medication as soon as possible before the anesthesia has worn off. Most often, two tablets of Advil (400 mg of ibuprofen) and one tablet of Tylenol (500 mg acetaminophen) taken together every six hours work best to control dental pain.
3. To control swelling, place an ice pack (a frozen bag of peas works well) on the outside of the face over the surgical site. Hold it in place for 15 minutes, and then remove it for 15 minutes. Continue this process for at least two hours.
4. Limit your physical activity for the remainder of the day and tomorrow. Resume physical activity within reason until healing has progressed for a few days.
5. Brush your remaining teeth gently, avoiding the surgical site. Do not disturb the clot.
6. Maintain a soft diet today (applesauce, mashed potatoes, warm soup). Return to a regular diet as healing progresses.
7. Tomorrow begin rinsing with mild saltwater solution—1-2 tsp of salt in 8 oz. of warm water. Rinse every four hours to help healing and to remove debris from the surgical site. Maintain this procedure for 3-7 days as necessary.
8. **NO SMOKING, NO FORCEFUL SPITTING, AND NO DRINKING FROM A STRAW** for the next two days.

If any problems arise, bleeding continues, or unusual swelling or pain occurs, please call the office. **FOR AN AFTER HOURS EMERGENCY, PLEASE CALL THE DOCTOR'S EMERGENCY PHONE NUMBER: 440-785-7816.**