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## Post Operative Instructions for Oral Surgery

### General Guidelines:

- For the first 24 hours following surgery, a responsible adult should be available to assist you.
- No strenuous activities for the first few days following your surgery.
- If a gauze dressing was placed over the surgical sites, leave it in place until you arrive at home for at least two hours to help control bleeding. If bleeding recurs, replace moist gauze over the site and apply biting pressure. Replacing the gauze with a moist tea bag also helps clotting. A small amount of oozing is to be expected for the next 24-48 hours.
- After the first day of surgery gentle rinsing of the mouth should be performed with warm salt water (mix 1 tsp salt to 8oz glass of warm water) 8-10 times per day. Avoid vigorous rinsing as this may disrupt the surgical site. If a syringe was provided it should not be used to irrigate the socket until 3-4 days after your surgery.
- Careful tooth brushing is encouraged to keep your mouth clean.
- Leave the head wrap and ice packs in place for the first 4-5 hours. Pressure is just as helpful as cold to reduce swelling. The ice packs may be re-frozen later but ice is only used for the first 24 hours only. After 3 days, warm compresses are beneficial to reduce swelling.
- Minor discomfort is to be expected; use the pain medication as directed. Excessive pain should be reported to your doctor.
- Swelling is to be expected post operatively, peaking approximately two to three days after surgery. If persistent or painful swelling develops, contact the office.

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### Surgical Discomfort:

- Take medication as prescribed by your doctor.

### Diet:

- It is important to maintain your dietary intake. Begin with soft foods and advance to a normal diet as tolerated. Drink plenty of liquids during the post operative period especially when taking medications.

### Wound Care:

- Leave the head wrap and ice packs in place for the first 4-5 hours. Pressure is just as helpful as cold to reduce swelling. You may refreeze the ice and apply to the affected areas for the first 24 hours.
- Change gauze dressing as needed.

### Special Instructions:

- Avoid tobacco products for at least 72 hours post operatively.
- Avoid straws for 72 hours. It increases bleeding.
- You will be informed if you need a follow up appointment. If sutures were placed they are most often the type that dissolve.

### Report any of the Following to your Surgeon:

- Excessive Bleeding
- Persistent Nausea (More than 24 hours)
- Severe, uncontrolled pain.
- Development of rash/itching/wheezing
- Temperature over 101' F (by mouth)
- Incision becomes red, warm, tender, swollen.

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