

INSTRUCTIONS FOLLOWING ORAL SURGERY

BLEEDING - Normal watery oozing may occur for up to 24 hours following surgery and can be controlled by firm biting pressure on several gauze pads placed over the tooth socket. Keep gauze pack in for 30 minutes. Change to a fresh gauze pack if bleeding persists. If heavy bleeding continues beyond 1 hour then wet a Lipton tea bag, wrap it in gauze so you don't get tea in your mouth should the bag break, and place it over the extraction site with pressure for 30 minutes. If heavy bleeding persists after this call the office!

DRY SOCKET - Don't smoke or drink through a straw for the next 48 hours. This causes negative pressure and can dislodge the desired blood clot over the extraction site. Do not rinse, spit, or do anything that could disturb the extraction site. The goal is to develop a good blood clot that will speed healing. If after 48 hours the extraction site starts to hurt progressively worse this may be an indication of a dry socket and you need to be seen at the office to properly treat the condition.

SWELLING - Swelling and sometimes bruising is common after surgery. The maximum swelling, pain, and jaw stiffness normally occurs about 2 days after surgery. If you were given ice packs keep it on for 20 minutes. This will keep swelling to a minimum. Keep your head elevated in bed. Put an old pillow case on your pillow the night of your surgery to prevent any possible minor blood stains.

MOUTH CARE - After 48 hours you can start gentle warm salt water rinses several times a day (1/2 teaspoon salt to 8 oz. Warm water). Brush and floss as usual avoiding the oral surgical sites. Dr. Cha may have prescribed an antibacterial rinse to control plaque levels during the healing period.

PAIN - The greatest amount of discomfort is in the first 6-8 hours after surgery. You can take Tylenol or Ibuprofen for any pain unless other medications were prescribed. Avoid taking pain medications on a empty stomach. If itching, rash, or any unusual side effects occur stop taking all medication and contact the office immediately. If a dull pain increases after the 3rd day and gets progressively worse, call the office as it may be a dry socket. If swelling and discomfort worsens after the 2nd day following surgery along with a fever, foul taste, and difficulty swallowing, contact the office immediately as it could be an infection.

DIET - It is important to maintain good nutrition following surgery. Stay on a cold to lukewarm liquid diet the day of surgery. Slowly introduce soft foods and maintain soft diet for a week. Avoid chewing over the surgical site. Good soft foods include: soup, milkshake, jell-o, pudding, yogurt, mashed potatoes, oatmeal, etc.

ACTIVITY - No activity for the rest of the day. Keep it low key for the next 2 to 3 days. Too much activity could cause bleeding to start. Avoid drinking alcohol for 1 week.

IF FOR ANY REASON YOU ARE CONCERNED ABOUT YOUR CONDITION. PLEASE CALL US, WE ARE HERE TO HELP!