



HOME CARE INSTRUCTIONS

After Oral Surgery

Care of the mouth following oral surgery has a very important role in proper healing. Patients benefit by closely adhering to our advice on what to do following surgery. Please remember that each person will respond differently from oral surgery. Also, similar procedures on one side of the mouth may vary greatly from the other side with regard to post-operative pain, swelling, bleeding, and healing time. Please consider these instructions as a general guide to recovery.

Things to Expect

Swelling: Expect the swelling to increase over 2 to 3 days. It should gradually subside within a week.

Discomfort: Often, the pain will increase over a couple of days like the swelling. It is also common to have difficulty while opening your mouth wide during the first week. Pain when swallowing occurs at times.

Bleeding: Typically, the most active bleeding is over the first 4 to 6 hours. However, the extraction site may re-bleed later in the evening. Mild oozing (mixed with saliva) is common over the first 24 hours.

If a "BONE GRAFT" was placed: Expect a mild dull ache that lasts about a week to 10 days. Expect to see a "white" area within the extraction site which is a healthy sign of a new layer of gum tissue regenerating. You may experience a small number of graft particles that migrate from the surgical site.

Things to Do

Prevent Bleeding: Keep your *head elevated* on a couple of pillows. *Bite on gauze* for a few hours after surgery. Check the gauze every 30 minutes and change if completely saturated. *Keep your teeth together* (even if talking) to apply pressure over the sites. **Do not sleep with the gauze** in your mouth. Apply new gauze if the extraction site re-bleeds. A wet *tea bag* placed over the surgical site (under the gauze) for one hour often helps the blood to clot. (Use a regular tea bag, like Lipton, which has Tannic Acid)

Prevent Swelling: Ice packs applied to the face over the surgical site will help reduce swelling. Apply ice pack 20 minutes on, then 20 minutes off till bedtime. Also, medications (like Ibuprofen) act to reduce inflammation. Ibuprofen as directed will minimize the swelling. **After three days**, a heating pad may be applied 20 minutes on, 20 minutes off. The heat will help any residual swelling resolve.

Diet: *Stay well hydrated!!!* Drink at least eight 8 oz. glasses of liquid a day. Also, remember to eat a well balanced diet (with plenty of carbohydrates, proteins, vitamins (C & E), and minerals) during the recovery time. *Start soft* (shakes, mashed potatoes, soup, etc.) and keep the temperature warm, not steaming hot. Resume normal foods as you feel better. No crunchy food for at least 14 days.

Mouth Rinsing: *Do not rinse on the day of surgery!!!* Start the next day with GENTLE rinsing with warm salt water (teaspoon of salt in a cup of warm water) several times a day. Also, an antibacterial mouth rinse may have been prescribed to use twice a day. Continue to brush and floss the unaffected areas. If an irrigating syringe was provided, *wait 4 days before using*, and use salt water to irrigate the extraction sites.

Things NOT to Do

NO SMOKING for 4 days in order to prevent "Dry Sockets" and prolonged pain. Also, avoid drinking through a straw and spitting. Vigorous swishing is not advised. Gentle swishing only. This may dislodge the blood clot that is covering the surgical site. Also, **avoid strenuous physical activity** for at least 4 days.

Call the Office (503)289-9621

- Fever, temperature > 101.5 F.
- If the swelling worsens after the 4th day, or if new swelling occurs within weeks/months after surgery.
- Persistent irritation at the IV site.
- Uncontrolled pain or if you feel no improvement after 4 or 5 days.
- Allergic reaction to any of the medications. Call 911 if allergic reaction seems life threatening.



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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Day of Surgery				
Ibuprofen every 6 hours whether it hurts or not	→			
Take Medications as directed	→			
Avoid Alcohol	<i>Especially with the pain medicine</i> →			
No Heavy Lifting or Strenuous Activity	→			
No Straws No Spitting	→			
Soft Diet, avoid Hot Liquids	<i>Shakes, Smoothies, Soup, Mashed Potatoes</i>		Advance to a regular diet as tolerated. No Crunchy food for 14 days.	
Stay Hydrated	<i>At least 6-8 glasses of water/juice a day</i> →			
No rinsing or brushing today	Start gentle rinsing and brushing	Advance as tolerated →		
Use Ice packs to reduce swelling Today only			Use a heating pad to help swelling resolve faster.	→
Keep head elevated when resting	→		Start using the syringe to irrigate the extraction sites	Warm salt water →
Change gauze every 30 min. for 4-6 hours		Sutures will dissolve within a few days.		

Call our office if you do not feel improvement from Pain, Throbbing, or Swelling after 4 days. 503.289.9621

IMPORTANT
If you were prescribed antibiotics (i.e. Clindamycin, Amoxicillin, etc.) please remember to stop taking the medication if you experience diarrhea lasting longer than 12-24 hrs OR if you experience severe abdominal cramps. Please inform Dr. Auzins and your primary care physician.