



HOME CARE INSTRUCTIONS AFTER ORAL SURGERY

DIET: Begin with clear liquids and soft foods in the first 24 hours - foods like soup, eggs, pasta, rice, ice cream, smoothies or mashed potatoes. Do not drink through a straw for 5-7 days as it can disrupt clotting. **AVOID** crunchy foods like peanuts, popcorn, chips for 7 days.

ACTIVITY: Relax and take it easy for the first couple of days!! Avoid lifting, bending or stooping. Keep your head above heart level – this will help reduce swelling.

BLEEDING: You can expect a bit of bleeding following surgery. To help stop the bleeding, we send you home with gauze in your mouth. Moisten the gauze and change it every 20-30 minutes until active bleeding stops, in some cases this can take several hours. It is not unusual to have blood-tinged saliva for 36 hours following surgery. To help promote clotting, place a moistened tea bag over the area and apply gentle pressure. If you have an excessive amount of bright red bleeding that does not seem to be slowing after following these instructions, please notify our office or after hours service.

SWELLING: Swelling will reach its peak in 2-3 days then will decrease over time. To minimize swelling, apply ice packs for the first 24 hours – 30 minutes on, then 30 minutes off. Alternate sides if indicated.

PAIN: A certain amount of pain is normal following surgery. The worst discomfort should be in the first 2-3 days, after that the pain should decrease. Follow the medication instructions given to you the day of surgery.

NUMBNESS: Due to local anesthetic, it is normal to experience numbness for several hours the day of surgery.

TEETH BRUSHING / MOUTH RINSING: Gently brush and rinse near the surgical sites.

SUTURES: Most sutures will dissolve on their own in 2-10 days. You may feel the small strings as they dissolve which is very normal. If non-resorbable sutures are used, an appointment will be made to have them removed.

FEVER: Mildly elevated temperatures for 24-48 hours is normal. Notify our office or answering service if your temperature is over 101°F for 2 days in row.

ANTIBIOTICS: If you are given antibiotics, take as prescribed until gone.

SMOKING: AVOID COMPLETELY!

DENTURES: If you have dentures, try to keep them in the first day and night. Expect some bleeding around the denture. You will be seen by your dentist to make denture adjustments.

FOR YOUR OWN SAFETY: Do not sign any legal documents. Do not drive or operate machinery for 24 hours following general anesthesia. **DO NOT DRINK ANY ALCOHOLIC BEVERAGES.**

THINGS THAT MAY OCCUR: Sore teeth, earache and/or sore throat, bruising to outside of face, tightness of jaw muscles and dry/cracked lips. There will be an opening where the tooth was removed. As the area heals, the clot will fill in with new tissue. The clot may be grayish or yellow in appearance and have a slight odor but that does not indicate an infection. Keep your tongue away from the area to avoid disrupting the healing process.

If you have any questions concerning your surgery and recovery, contact us.

Omaha: 402-397-1205 Council Bluffs: 712-328-8892 Papillion: 402-964-2727

Fremont: 402-721-3600 Gretna: 531-247-4402

Contact your dentist for continuation of your routine dental care needs. Thanks for letting us care for you!