

# Oral Surgery Post-Operative Instructions

1. Immediately after the extraction, place gauze over the extraction site until heavy bleeding stops. Replace gauze as needed. Heavy bleeding should stop within 1 hour. If bleeding continues, place a wet tea bag over the extraction site. After 2 hours, if bleeding is still heavy and the gauze is red and saturated, notify the doctor by calling the office during normal business hours or the doctor's cellular phone. If delayed severe bleeding occurs, go directly to the emergency room.
2. DO NOT smoke for a minimum of 48 hours following the extraction.
3. DO NOT spit, suck through a straw, or drink carbonated beverages for 48 hours. Avoid eating or drinking anything hot. Eat cool, soft foods today and you may eat whatever is comfortable tomorrow. You may want to avoid hard, crunchy foods for a couple of days.
4. AVOID vigorous rinsing of your mouth for the first 48 hours after your surgery. After this, you may begin rinsing with warm salt water and continue with the rinsing for a week. Keep the extraction site clean by rinsing with the salt water and maintaining good oral hygiene. **If you have been given an irrigation syringe, do not use for the first 7 days.** After 7 days, use syringe filled with warm salt water to gently clean debris from the socket.
5. To minimize swelling, place an ice pack on the skin adjacent to the affected area continuously for 10 minutes with a rest period of 20 minutes. Do not use an ice pack after 24 hours. If swelling worsens, notify our office immediately. (Note: pain and swelling that begins to increase after three or more days may indicate infection. If this occurs, please contact the doctor or the office)
6. You may have some pain and discomfort for about a week following the extraction. You may require prescription pain medication for 2-3 days following the extraction. Pain will often increase on the third day after extraction. If pain increases after 3 days, please call the office. Many times, Ibuprofen or Tylenol will be sufficient to relieve the pain. Avoid taking aspirin.
7. If you have been given a prescription for an antibiotic, be sure to take as directed and to take all of it.  
\*For Women: The effectiveness of oral contraceptives may be decreased while taking antibiotics. Because of this possible drug interaction, women who use birth control pills for contraception are advised to practice additional contraceptive measures during the cycle in which the antibiotics are taken.
8. Please contact our office if you experience any problems with medications that we prescribed (i.e. rash, vomiting, or diarrhea, etc), or if you have any problems that are too severe for you to manage. 208-888-3311