



Recovery Instructions after Oral Surgery

The patient should have assistance for the first hour returning home.

1. REMOVE GAUZE PACKS

2. DRINK FLUIDS AND EAT SOFT FOODS.

3. TAKE MEDICATION(S) AS DIRECTED.

4. PAIN & SWELLING – A certain amount of pain or discomfort following surgery is not uncommon. If you have been given a prescription, use as directed. Be sure to eat before taking any medications to avoid stomach upset from the medications. To help optimize normal facial swelling following the surgery, apply an ice pack to the face over the area of surgery (20 minutes on, 20 minutes off) FOR THE FIRST 48 HOURS ONLY. If pain or swelling occurs after the wound has apparently healed, return to the office for an examination.

5. BLEEDING – A certain amount of bleeding is to be expected following surgery. Blood tinted saliva may be seen for up to 36 hours following oral surgery. If bleeding occurs after you return home, first remove all loose blood “clots” with a dry gauze. Then place several dry gauze pads, as instructed in the office, or a moistened tea bag DIRECTLY OVER THE BLEEDING SOCKET for at least 30 minutes, holding it in place with biting pressure. DO NOT SPIT. Forceful spitting and excessive physical activity, such as bending over and picking up objects, tends to increase and prolong bleeding.

6. DO NOT DISTURB THE BLOOD CLOT – Its grayish or yellowish appearance and slight odor do not indicate an infection. Keep fingers, tooth picks, or other matter that may cause infection out of the mouth. DO NOT DRINK THROUGH A STRAW. NO SMOKING FOR 2-3 DAYS following surgery.

7. DRY SOCKET – If you experience jaw pain that radiates to your ear or down your jaw, this may be a dry socket. This situation usually occurs **3 – 10 days** after surgery. Please call if you experience any of these symptoms. To help prevent dry socket inflammation, begin gentle salt water or diluted mouth wash rinses 12 hours after surgery.

8. MEDICATIONS – Medications, other than those prescribed for pain as noted above, may also be recommended for particular patients or following special procedures. Any of these medications should be taken EXACTLY as directed by the doctor. CAUTION – Anesthetic drugs and gases may remain in the body for up to 24 hours or longer. Patients receiving medications or drugs can alter the senses should NOT drive or operate machinery for 24 hours. Also, strong pain medications prescribed for post-op pain, contain narcotics that may also affect one’s ability to drive or operate machinery. Should any undue reactions or complications arise, notify the office immediately.

9. DIET – It is important to maintain a good diet. A liquid to soft diet is advisable for the first day. You should drink plenty of fluids, such as jello, puddings, milk shakes, ice-cream, soups, applesauce, mash potatoes, etc. DO NOT USE STRAWS.

10. BONE FRAGMENT – During the healing process, small sharp fragments of bone may loosen and work through the gum. These fragments, which are not tooth roots, usually work out on their own accord, but if they are painful, call the office.

11. FOLLOW UP – Return to the office for your routine post-operative treatment if so instructed.

12. UNUSUAL COMPLICATIONS – If extreme swelling, temperature over 101 degrees, or excessive bleeding occurs, call the office for instructions.

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