

Post Op Instructions after Surgery

- Bite on the cotton gauze for 30 minutes, then remove this cotton and eat something very cold such as Ice cream.
- Take your prescribed medications if there is still bleeding from the surgical site and blood pooling in the mouth , place one inch thick pad of cotton gauge DIRECTLY over the surgical site and bite down for 30 minutes. Do not chew it- instead, bite down with firm and constant pressure.
- If bleeding persists (or No gauze is available) use 1-2 tea bags moistened with warm water. If bleeding still persists call the office.
- Following surgery, it is normal to have blood on the gauze that you remove from your mouth, or in your saliva for a few days afterwards.

Swelling: Swelling usually starts after the surgery and peaks at the third day before taking 3-5 days to resolve. To minimize swelling; use a frozen ice pack on the face next to the surgery site for 10 mins on and 10 mins off for 24-48 hours 2-3 times a day. Then switch to warm moist compress on the swelling for 20 mins per hour.

Pain: Pain is a normal part of surgery, and will start after the freezing/local has worn off. You may receive prescription for pain .If the pain is persistent or worsen, call your surgeon, as you may be experiencing a dry socket (see below).

Bruising (black /blue mark): may develop and extend underneath eye or onto the side of the jaw and sometimes travel with gravity onto the neck and rarely to the chest. It will change multiple colors and resolve in 7-14 days. Using heat (as described above) may help to resolve quickly.

Jaw Tightness : Difficulty opening the mouth and jaw tightness are normal after-effects of surgery. This may sometimes last for several weeks, but usually improves with time. To encourage a normal return of opening, begin chewing 2-3 pieces of sugarless gum 2-3 days after surgery, when the swelling begins to resolve. Also practice opening and closing the jaw.

Numbness: Numbness may be complete (no feeling) or partial (slight feeling). This is generally related to the local “freezing” given for the surgery, and will usually wear off in several hours. Please call the office if the numbness persist more than a day.

Nearby Teeth: teeth near may ache for sometime afterwards, this is temporary.

Oral Care :The day following surgery, rinse gently with warm salt water rinses (1/2-1 teaspoon of salt in a large glass of warm water) after each meal. Gently brush all your teeth, to prevent food buildup. Take care not to disturb the surgical site.

Diet: Maintain a good nutritious diet during the healing period, as this will help your body recover. A liquid diet may be easier to swallow for the first few days; however, try to eat solid foods as well. A mild laxative may be required especially if strong pain medication is taken for many days.

Dry Socket :Dry socket occurs following a tooth extraction, when the blood clot dissolves and exposes bone, causing sharp pain that spreads along the jaw and to the ear. To minimize the risk of developing a dry socket:

- Do not smoke for 48 hours
- Do not use a straw to drink for 48 hours
- Do not rinse or spit vigorously