

POST-OPERATIVE ORAL SURGERY INSTRUCTIONS

Mouth Rinse: Do not rinse your mouth today. Tomorrow, begin using a solution of ½ teaspoon salt in a glass of warm water. Rinse gently. Resume brushing of remaining teeth tomorrow.

Bleeding: Oozing may occur for several days. Do not use straws or spit as this may encourage bleeding. If heavy bleeding occurs, place gauze or a dampened plain black tea bag directly over the extraction site. Bite down firmly for a minimum of 20 minutes. Repeat this procedure as necessary.

Pain: Take one or two Tylenol tablets with milk or water every three to four hours if needed for pain. If a pain prescription was given, use as directed.

Swelling: The swelling that is normally expected is in proportion to the surgery involved. Swelling may be minimized by the use of ice or cold packs in the first 24 hours following surgery. Place the pack on face for 20 minutes, then off for 10 minutes. Swelling will peak the second or third day after surgery and then should slowly decrease.

Discoloration: Black and blue tissue areas may develop. These are not bruises. They are a result of bleeding into the tissue and are normal.

Diet: Begin a high calorie, high protein diet within a few hours of surgery. If you cannot eat solid foods, soft nutritious foods like soft-boiled eggs, chopped meats, custards, thick soups, milk, or liquid dietary supplements can be substituted. Foods may be warmed, but not hot. Resume your normal diet as soon as possible.

Numbness: If you experience numbness of your lips or tongue, be careful when chewing to prevent biting the numb areas.

Impacted or Buried Teeth: Certain conditions may occur if you have had impacted or buried teeth removed. You may have difficulty opening your mouth due to muscle spasms. If a lower impaction was removed, you may experience numbness of the tongue or lower lip on the side of the surgery. Although annoying, the numbness is almost always a temporary condition, though it may last a few days or even months. After tooth removal, adjacent teeth may realign themselves, causing some discomfort. Sores may develop at the corners of the mouth, and these can be treated with mild ointment, such as Vaseline.

If you have any questions, please call the office: (303) 933 – CARE (2273)