

Post Operative Instructions

Hemorrhage Control

- Continue biting on gauze with gentle continuous pressure for 30 minutes
- It is normal to have blood in you saliva for 24/48 hours
- Do Not consume alcohol for 24 hours
- Do Not smoke for 24 hours. Smoking may result in dry socket or persistent bleeding

Pain Control

- If a prescription is given for pain, take as directed
- Otherwise, take 400mg Ibuprofen and 650mg regular strength Tylenol together every 6 hours as needed for pain.
- **Swelling Control**
- Apply ice pack to outside of face for 15 minutes, then remove for 15 minutes, continue on and off 15 min. intervals for an hour
- Elevate head and shoulders at a 45 degree angle until bedtime
- Do not be alarmed if yellowish, blue-black discolorations appear on your face. Such bruising is common after surgery and may take a week or more to fade

Diet

- Drink plenty of fluids, but not with a straw
- A soft diet should be maintained for the next 3-4 days
- Avoid crunchy foods like chips, nuts, carrots or apples for 1 week
- No carbonated beverage or acidic juices (orange/tomato) for 1 week

Oral Hygiene

- Do Not rinse mouth or spit for 24 hours, and avoid Listerine for at least one week.
- Tomorrow you may start gentle warm salt water rinses (1/2 tsp per 8oz water)
- Do Not rinse vigorously
- Resume normal tooth brushing, but avoid the surgical site. If food gets lodged in socket do not try to pick it out. Gently rinse area to flush out debris

Rest

- Take it easy for the next few days, no vigorous exercise, no heavy lifting, get plenty of rest

Possible Complications

- You may develop pain which becomes worse after a few days and does not respond to pain medication. This may indicate a dry socket and requires a call to the office
- Other teeth on the same side may ache temporarily
- You may develop a fever. If your temperature reaches 101 degrees, call the office
- It is normal for slivers of bone work their way through the gums for a few weeks.

If you have question or concerns, please call the office

Be sure to keep your post operative appointment