

Post Operative Instructions

Emergency Phone Numbers:
(206) 781-9204 Office
(206) 570-8138 Pager

Things to Expect

Bleeding: this is normal following a surgical procedure in the mouth. The swelling should reach its maximum in 2 to 3 days and go down over the next several days. Should swelling and pain increase after the second or third post-operative day, call the clinic for an appointment.

Pain/Discomfort: the most discomfort experienced will be during the period when sensation returns to your mouth.

Bleeding/Hemorrhage: bleeding or “oozing” for the first 12 to 24 hours is to be expected.

Things to Do

Bleeding: bite on the sponges placed in your mouth at the end of the procedure for at least one hour but 3 to 4 hours is recommended. If bleeding is more than slight, follow these directions: with gauze, remove all excess blood clot, place a dampened gauze over the bleeding area only. Press this pack in place firmly for 20 minutes, so that no blood escapes. Repeat this procedure as necessary. If bleeding persists, bite down on a tea bag. Call our office if the bleeding persists.

Swelling: the swelling that is normally expected is usually in proportion to the surgery involved. The swelling may be minimized by the immediate use of ice or cold packs. Apply the ice to the side or sides of the face over the operated site. Place the pack on your face for 15 minutes, then remove for fifteen minutes. If both sides are involved, apply ice to both sides at 15 minute intervals (back and forth) as much as you can the day of surgery. After the day of surgery, the ice has no value.

Sit with head elevated and minimize moving around for 8 to 12 hours after surgery.

Diet: cold liquid diet for first 24 hours and soft foods for following 24 hours. Foods such as milkshakes, frozen yogurt, instant cereals, cottage cheese, soups, mashed potatoes, pudding are recommended. After 48 hours, a soft but more solid diet is recommended. AVOID foods like pizza, rice popcorn, and hamburger.

Medications: take all medications as directed. This is essential. The medications are prescribed principally to control pain and to prevent infection. It is best to take the pain medication before the local anesthetic wears off and to continue taking the medication if required

Mouth Rinse: do not rinse for 24 hours after surgery. Rinsing the mouth with warm salt water (1/4 tsp to 8 ounces of warm water) following meals is advisable the day after surgery. This will

speed healing by maintaining a clean wound. Brushing your teeth is recommended if you are careful to avoid the wound(s).

Things Not To Do

- 1) Do not apply heat to the face, unless specifically directed to do so. Heat can increase the swelling.
- 2) Avoid spitting, use of straws, sucking and smoking. This creates a suction in the mouth and can dislodge the blood clot. This will lead to additional bleeding and dry socket.

Impacted Teeth

The removal of impacted teeth is quite different than the extraction of erupted teeth. The following conditions are not uncommon with removal of impacted teeth and are normal and temporary:

- Difficulty in opening your mouth
- Pain while swallowing
- Earache on the side of surgery

If a lower impaction was removed, numbness of the lower lip or tongue on the side from which the tooth was removed may result. This is frequently a temporary condition. It may last from a few days to many months. Sores on the lip are sometimes present after surgery and should be covered with Vaseline until they heal.