HOME CARE FOLLOWING ORAL SURGERY:

GAUZE COMPRESSES: Gauze compresses are used to control bleeding. Change the gauze every 10-15 minutes or when you no longer feel pressure. The assistant will show you how to fold and position the gauze in your mouth. If a tooth was removed, bite on the gauze and compress firmly. Some bleeding is expected for up to several hours, and may occur for up to a week when brushing your teeth. If you have difficulty getting bleeding under control, you can gently compress a tea bag wrapped in gauze on the area. This will create a blood clot that will start the healing process.

DO NOT RINSE: Do not rinse your mouth with mouthwash or salt water for at least 24 hours. You can drink normally, but if you swish you may rinse the blood clot out of the extraction site. The use of a hydrogen peroxide is also ill advised and will cause complications. After 24 hours, gentle rinsing with warm salt water is permissible.

ICE PACK/COLD COMPRESSES: Use ice packs or cold compresses up to 48 hours after surgery. This will help reduce post-operative swelling that causes most of the pain after oral surgery. It will also decrease bruising. Alternate 20 minutes on, and 10 minutes off.

A CLEAN MOUTH HEALS FASTER: A toothbrush may be carefully used in the area of the mouth involved, however use a soft bristled brush and brush lightly. If it is too sore to use a toothbrush, you can use a wet gauze or washcloth to gently clean the area.

DISCOMFORT: It is normal to have some discomfort following oral surgery. If a prescription has been given, you may fill it at any pharmacy, and take according to the directions given. If no prescription has been given, we recommend taking ibuprofen or Tylenol prior to the anesthetic wearing off and continuing thereafter as needed.

EATING: A soft diet is recommended for a day or two after an extraction. Soups, Jell-O, mashed potatoes, applesauce, mac and cheese, etc. Avoid things that are hard or sharp as these may irritate the wound.

SUTURES: Sutures (stitches) may have been placed to help in the healing process. Silk sutures usually need to be removed 1-2 weeks after surgery.

THINGS TO AVOID: Excessive activity…try no to do a lot of bending or lifting following surgery as this may increase your tendency to bleed. Don’t drink through a straw for at least 2 days. The sucking action may disturb the blood clot and disrupt healing. Avoid beverages that are carbonated such as soda and beer as they also may disturb the wound. **REFRAIN FROM SMOKING** until healing is well established.

ALLERGIC REACTIONS: If you develop a generalized rash or itching, discontinue the medication and call our office immediately.