

## GENERAL POST-OPERATIVE INSTRUCTIONS

### **THINGS TO AVOID**

DO NOT RINSE, SPIT, OR DRINK THROUGH A STRAW FOR 12 HOURS. NO SMOKING FOR 48 HOURS. AVOID STRENUOUS ACTIVITY FOR 4-5 DAYS

**BLEEDING:** Bleeding is normal for 1-2 days. If you are bleeding, fold a piece of gauze, provided by our office, and place it over the extraction area. Bite firmly for 20-40 minutes. Repeat as needed. Bleeding should decrease over time. However, if bleeding persists, wrap a tea bag in gauze, moisten the gauze, and bite down. Sometimes, several days after surgery, you can start bleeding again. If this happens, it's because something has irritated the area. Place the folded gauze over the area and bite firmly. PRESSURE stops bleeding. Remove and discard gauze once bleeding subsides.

**PAIN:** Discomfort is normal for several days after surgery. It can be controlled but not completely eliminated using pain medication. After surgery, start on your OTC medication as soon as possible. We recommend starting within the hour after leaving our office. It's important to begin the pain medication before the numbness wears off. If possible, try to take with soft, and cool food to help alleviate nausea, which is a side effect of some pain medications. For the first day following surgery, take the prescription medication as directed. Starting the second day, you will notice that you will need less pain medication; take as needed. DO NOT DRIVE OR DRINK ALCOHOL while taking while taking a narcotic medication.

**INFECTION:** Antibiotics are not always required. If you are prescribed antibiotics, it is important to take them as directed until they are gone. Some antibiotics reduce the effectiveness of birth control. Extra precaution should be taken until your next menstrual cycle after the prescription is finished. Consult your physician if you have concerns. If you break out in a rash, stop the antibiotic immediately. Call the office to see if you may need another antibiotic. Surgical sites often turn white after surgery. This is OK and is not an infection.

**DIET:** Drink plenty of fluids but DO NOT USE A STRAW. Eat soft foods for the first few days. Cool foods on the day of the surgery.

**REST:** Avoid strenuous activity for 3-5 days after surgery.

**ORAL HYGIENE:** Do not rinse for the first 12 hours after surgery since this can disturb the blood clot from forming. After 12 hours, rinse gently with warm salt water only. DO NOT USE MOUTHWASH, PEROXIDE, OR WATERPICKS for 7-10 days. Patients who received a Monoject® syringe, begin using 1 WEEK AFTER SURGERY. (Usually, only wisdom teeth surgeries receive a syringe.) This will be used to irrigate the lower extraction sites after meals to help keep them clean. Infection can occur if the syringe is not used. Normal brushing can resume the following day.

**SWELLING:** Swelling after surgery is a normal reaction and usually reaches a maximum in 3 days. Swelling can last 4-7 days. Ice packs can be used to help swelling for the first 24 hours. Leave ice packs on for 20-30 minutes and remove for 10 minutes. Sleep with your head elevated.

**BRUISING:** You may experience bruising, which is a normal response and should disappear in 7-14 days. People on blood thinners will experience more bruising.

**STIFFNESS:** After surgery, you may experience jaw stiffness and limited opening of your mouth. This is normal and improves in 5-10 days. **STITCHES:** You may have stitches; if so, they will dissolve on their own. DO NOT WORRY if they come out early.

**IV SITE:** Redness, swelling, and tenderness are not uncommon around IV site. Treat this with a warm moist towel. Complete resolution may take weeks. If it appears to get worse, call the office.

**DRY SOCKET:** Some people get dry sockets. Dry sockets occur when the protective blood clot is lost, leaving raw irritated tissue. You will experience severe pain that interrupts sleep and is not helped with pain medication. Call the office for an appointment so that we can treat the socket with medicated packing.