

Post Operative Instructions

1. Remove the **GAUZE SPONGES** that have been placed in your mouth **30 minutes** after surgery, unless told otherwise. Place fresh ones as needed. Dip the dry gauze into cold water first, and then wring it out well.
2. Upon reaching home, place an **ice bag** or **cold towel** to the face (10 mins on and 10 mins off) for the remainder of the day. Continue with cold packs for next 48 hours. **ICE is to prevent swelling, so use ice even if you do not notice any swelling yet.**
3. On the second day following surgery and thereafter (48 hours post-surgery), if swelling has occurred, apply moist heat on the outside of the face in the form of a face cloth dipped in hot water, wrung out and folded several times over. **DO NOT USE HEAT CONSTANTLY**, but apply only 30 minutes in a 2 hours period.
4. For any pain or discomfort, use the **PRESCRIPTION** that has been given to you. Don't be afraid to take the medication as it is designed to make those first few days after surgery more comfortable for you. When taking medications be sure to drink at least a half to a full glass of water. **Codeine**, as well as other **narcotic drugs** can cause nausea and sometimes even vomiting on an empty stomach so they can be taken with soft food such as apple sauce.
5. Do very little rinsing until the second day, as rinsing may dislodge the blood clot and initiate bleeding. When rinsing, which you may begin the day following surgery, use the following: A quarter teaspoon of salt in a half a cup of warm water twice a day. Avoid commercial mouthwashes, as they contain alcohol, which may initiate bleeding and cause wound irritation.
6. Do not use a straw and avoid spitting for the first 2 days. This will cause negative pressure over the surgical site and may dislodge the clots. This may initiate bleeding or a dry socket which will increase the amount of pain or discomfort you are having.
7. Smoking after your surgery is discouraged, it can cause dry socket and delay wound healing.
8. **Drink plenty of fluids.** Drink at least 4 to 8 glasses of liquids daily. Dehydration must be avoided when recovering from oral surgery.
9. Follow your own comfort in terms of consistency of diet, but starting with a soft diet is often more comfortable at the beginning such as soup, milkshakes, soft-boiled eggs, apple sauce, etc. A diet high in protein and complex carbohydrates is best. A homemade shake, using fresh fruit is an excellent source of both. Try not to skip a single meal. When comfortable, change to solid food. Avoid popcorn for 6 weeks.
If you are a **DIABETIC**, maintain your normal diet and take your medication as usual.
10. Taking doses of **Vitamin C** with meals will help to promote healing. Vitamins are helpful during the healing period.
11. **A plastic syringe is given to be used 1 week after the extractions.** Use it to gently irrigate water into the lower extraction areas. This is done after each meal and prior to going to sleep until the gums have healed over (approx. 4-6 weeks).
12. If you have been given any medications or prescriptions for medications, take them as directed. If you have been placed on an antibiotic, take all of the tablets as directed. The medications which you have been placed on will help to:
 - a. Minimize swelling
 - b. Reduce discomfort
 - c. Prevent infection
 - d. Promote healing
 - e. Aid in oral hygiene and wound cleanliness
13. **Avoid strenuous physical activity** for 48 hours. This includes sports and heavy lifting. Physical activity causes the blood pressure to rise – and may cause a renewal of hemorrhage.

IN THE EVENT THAT YOU FEEL THAT YOUR POST OPERATIVE COURSE IS MARKED BY EXCESSES OF PAIN, SWELLING OR HEMORRHAGE, CALL THE OFFICE