

Instructions following oral surgery

You may experience:

Pain or discomfort- Take medication as instructed, preferably before anesthesia wears off. It is best to eat prior to taking medications. Occasionally, over the counter pain relievers such as Advil, Alieve, or Ibuprofen may be adequate for pain control. If nausea becomes a problem, the use of dry ginger ale or Pepto Bimol may settle your stomach. As always, use caution after taking medications and operating any kind of machinery.

Swelling-You can use an ice pack applied to the cheek (on 10 minutes, off 10 minutes) for the remainder of the day to help minimize swelling. Keep the head elevated. The use of warm, moist heat the day after surgery will help to reduce remaining swelling. Swelling is a usual reaction of the body following surgery. It is normally short lived and will subside in a few days. Maximum swelling usually occurs 2-4 days following surgery. If swelling is excessive, or accompanied by a fever, please contact us immediately.

Bleeding-Bleeding after a tooth extraction or other oral surgery is normal. Use sterilized gauze pads that were provided to help control bleeding. Use 1 gauze at a time and place them on the extraction site, applying firm pressure for 30-35 minutes until bleeding has stopped. Additional gauze may be needed, so extras are provided. Once bleeding has ceased, you no longer need to apply pressure. A moist tea bag will work if excessive bleeding is present.

Some recommendations:

Diet-Liquids should be taken freely and are encouraged. It is important to stay hydrated following surgery. Soft foods or a liquid diet are suggested following the next 2 days after surgery. You may resume your regular diet on day 3, if this is comfortable for you. You should avoid seed, nuts, and popcorn for approximately 2 weeks after surgery.

DO NOT use a straw or smoke for 3 days following surgery as this can create suction and dislodge the blood clot.

Hygiene-Warm salt water rinses may be used to promote healing. (1 tbs. salt to 1 glass of warm water) It is recommended to continue your regular oral health routine, carefully brushing around the surgical site. It is important to keep it clean, but not disturb the healing process. Lightly brush the area, and mouth rinse may be used, but avoid vigorous swishing for 1 week.

As always, if you have any questions, please don't hesitate to call the office at (517) 351-1733

Mashni Dentistry Team