



Instructions Following Oral Surgery

Please do not expectorate blood into washbasins, wastebaskets, drinking fountains or other receptacles.

1. **Rinsing** -Do not rinse mouth until the morning following surgery. Then, rinse with warm salt water every three hours using only one level teaspoon of ordinary table salt to a pint of warm water. We will write you a prescription for Peridex Oral Rinse to be used twice daily.
2. **Wound** -Do not disturb, suck or touch the wound with tongue or fingers.
3. **Cold** -Use ice packs on operated side, 20 minutes on and 20 minutes off for 24 hours after surgery. After 24 hours, heat can be applied with a hot moist dressing (bath towel soaked in hot water); this will help expedite healing.
4. **Pain** -In the event of pain, the following is recommended: take 2-4 tabs ibuprofen (600-800mg) every 6-8 hours. You may add 1-2 tabs Regular Strength Tylenol (325-650mg) every 4-6 hours additionally if needed. If pain medication has been prescribed (hydrocodone), this should be used in addition to ibuprofen, and in place of the Tylenol as described above. DO NOT dissolve the medication in your mouth or place it over the surgical site.
5. **Tooth Brushing** -Do not neglect your oral hygiene. Brush your teeth as usual starting the day after surgery.
6. **Bleeding** -Some bleeding following mouth surgery is to be expected. If bleeding persists, bite on a sterile inch thick gauze pack placed over the wound for at least 15 minutes. Bleeding usually subsides after 1 hour, but oozing should be expected for 24 hours. If excessive bleeding continues, call the office at 543-5647
7. **Rest** -Rest as much as possible. Do not lie down, however, until your usual bedtime. Keep your head elevated on two pillows.
8. **Swelling** -If there is swelling or stiffness of the jaw after the first 24 hours, hot moist dressings (bath towel soaked in hot water) should be placed on the affected side of your face for 30 minutes every hour. First, coat your skin with Vaseline.
9. **Eating & Drinking** -After receiving local anesthetic, it is best to not chew until normal feeling returns to the area. A light, soft diet (eggs, yogurt, mashed potatoes, etc.) is advisable during the first 24 hours after surgery. Drink plenty of liquids, at least 8 glasses per day. Do not drink through a straw, as this may negatively affect the clot. Even though you may not feel like it, it is very important to drink plenty of fluids until a normal diet is resumed.
10. **Bony Projections** -Following the removal of your teeth, hard projections may be felt. These are not tooth roots. These are bony projections, which will usually disappear or work themselves out through the gums.