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ROUTINE POST-OPERATIVE INSTRUCTIONS:

Patients who have undergone I.V. Sedation should be carefully attended by a responsible person for at least four (4) to six (6) hours after leaving the office. The patient is not permitted to drive the day of surgery. They will remain “groggy” for several hours after the completion of the procedure. It is important they eat prior to going to bed for the evening.

BLEEDING: Bleeding follows any surgery and should not alarm you unless it is excessive or persistent. It may in almost every case be controlled by placing a firm roll of gauze directly over the bleeding area and exerting continuous pressure by closing the teeth firmly together for about 30 minutes to an hour or until bleeding has stopped. If bleeding continues, place moistened tea bags over extraction site with pressure for 15 minutes and then replace with clean gauze. It is not unusual, however, for you saliva to be slightly blood tinged for several days following oral surgical procedures.

PAIN: A certain amount of discomfort is to be expected. This varies with the amount of surgery required. The drugs that have been prescribed usually control the pain effectively. Take the pain medication as prescribed as necessary. Take the medication as directed on the label unless you develop nausea, vomiting, a skin rash, or diarrhea. If any of these symptoms occur, stop the medications and call our office at once.

SWELLING AND DISCOLORATION: These are part of the healing process, and unless extreme, are of no practical importance. Place an ice bag to your face for the rest of the day (30 minutes on, and 10 minutes off). The earlier this is started, the more effective it will be. Swelling is usually the greatest 48 hours after surgery. A heating pad or moist heat may be used (**beginning on the third day**) for the relief of swelling stiffness. It is helpful to keep the head elevated on some pillows the first night after surgery.

DIET: For your own comfort, a liquid diet should be maintained for the rest of the day. After this, you may resume your normal diet although softer things such as mashed potatoes, pasta, eggs, milkshakes will be easier to consume for a couple of days.

DO NOT: Rinse your mouth until the following morning as this could dislodge the blood clot and cause a delay in healing. In the morning, rinse your mouth gently using a glass of warm salt water (1/2 teaspoon of salt to a glass of water). Repeat 4 to 6 times during the day and continue as needed. Brush your teeth as usual avoiding the operated areas.

SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE DO NOT HESITATE TO CALL: (512)-341-7373.