

POST OPERATIVE INSTRUCTIONS

We spend a large amount of time informing you of the risks, complications, and the way you should feel after your surgery. You have had and it will take several days for your body to begin to heal and several more days to feel normal again. The following are post-operative instructions that will help you during these periods:

1. Bite down firmly on the gauze in your mouth for 1 hour after surgery. After this, you may remove the gauze.
2. There will be continued oozing of blood from the extraction sites for a day or two or more. This is normal. Expect to have spots of blood on your pillow in the morning (a lot of saliva and a little bit of blood appears as a lot of blood). If you feel the bleeding is excessive, replace the extra gauze provided in the surgical area and maintain pressure for a minimum of one hour.
3. The day after surgery you will experience swelling and even some bruising in the cheek areas. The amount depends on the difficulty of the surgery and the way your body responds. An ice pack will help for the first 24 hours. Place over the extraction site on the skin for 15 minutes at a time and leave it off for 15 minutes. This is good only for the first 24 hours.
4. You should be uncomfortable after the surgery for 1 to 2 days. The prescription given to you is to help with this. Afterwards, you should start feeling slightly better each day. It will take a full week after difficult extractions to be able to eat a meal normally. If the pain increases each day, then you probably have a dry socket and need to be seen by us for additional treatment.
5. Do not smoke for 24 hours (it will be a great time to quit forever!) Do not drink alcohol for 72 hours, do not suck on a straw, and do not rinse for 24 hours. These actions may dislodge the blood clot that has formed creating a dry socket or slow healing process.
6. On the day following surgery, you may gently brush your remaining teeth. Begin rinsing your mouth with warm water containing ½ teaspoon of salt dissolved in it. It is especially important to rinse after meals.
7. Swelling will occur on the second or third day after surgery. A moist warm compress applied to the face overlaying the extraction site will help to reduce swelling more rapidly.
8. For the first 24 hours, you may eat soft foods and drink only clear fluids (ice water, ice tea, coffee without milk). Soup broth or bouillon is good the first 24 hours. No milk products or ice cream since they contain particulate matter. After the first 24 hours, eat soft nutritious food and drink plenty of fluids. Have what you wish, but be careful not to disturb the blood clot. You may add solid foods to your diet as soon as you are comfortable to chew.
9. We use resorbable sutures (they dissolve) and will not require a follow-up appointment for removal.
10. Most patients feel having the surgery is the difficult part. We worry more about your post operative healing. If pain, bleeding or swelling continues beyond what is normal or beyond what you think is normal, please feel free to contact us at the phone numbers below. Even though most patients live a great distance from the dental office, most questions or problems are solved with a phone call.
11. If you have had general anesthesia, you are not to drive for 24 hours following surgery.

Monday through Friday 9:00- 5:00, (252) 338-8077 or (252) 441-4300
Nights, Weekends (Emergencies only) (252) 489-8312 mobile phone