



POST OPERATIVE INSTRUCTIONS

DAY 1: Continue biting on the gauze for 30-60 minutes following your procedure. After arriving at home, gently remove your gauze before eating and drinking.

Do not spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages for at least 48 to 72 hours.

- The goal is to keep the blood clot in the socket to prevent bleeding and a painful complication from occurring known as a DRY SOCKET.

DAY 2: You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, and limitations in opening or closing your mouth. Pain in jaw or ear and a sore throat is also possible after surgery.

- **Oral Hygiene:** Brush gently, making sure not to disturb area where stitches have been placed. A gentle lukewarm salt water rinse twice a day can be used to clean your mouth (holding salt water in mouth for a few seconds and gently rock your head side to side.) Being careful not to spit; just let the water passively empty from mouth.
- **Discomfort:** You may experience some discomfort during the first week of having surgery. “Your worst pain may be experienced on or around day 3 or 4 post-surgery, this is to be expected.”
- **Swelling:** Apply cold compresses to the affected area at 10 to 20 minute intervals for the first 24 to 48 hours to minimize swelling. Keep in mind that swelling may be at its peak the 3rd or 4th day after surgery. This is part of the healing process. At this point, you may apply warm, moist heat (a damp warm cloth) and apply on outside of the cheek area. The remainder of the post-operative course should be a gradual, steady improvement.
- **Bleeding:** Some oozing of blood is normal for the first 12 to 24 hours. If you experience excessive bleeding, apply firm pressure with 1 to 2 folded gauze pads or damp tea bag on the affected area for 30 to 60 minutes, keeping your head elevated. Try not to talk while gauze or tea bags are in your mouth. Once bleeding has stopped, it is best to only put gauze back in if necessary.
- **Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: Yogurt, milkshakes, (no straw), soups, pasta, pudding, mashed potatoes, and soft cooked vegetables. “Spicy foods are not recommended”. It is normal to have a little tenderness while chewing. You may also experience tightness in jaw while trying to open your mouth.
- **Stitches:** If you have received sutures, avoid playing with them. The stitches will dissolve on their own unless the doctor states otherwise.
- **Prescriptions:** If you have been prescribed medications, take as directed. If you have problems with any medications, please call the office with any questions you may have. Make sure when leaving pharmacy you; understand how to take all of your medications.

If you are experiencing any unusual pain or you have any questions regarding these post operation/surgery, please call our office.

(205) 682-1099

Office hours are Monday - Thursday 7:45 a.m. – 4:30 p.m. and 7:45 a.m. – 1:00 p.m. on Fridays.