

## Postoperative Instructions for Oral Surgery Procedures

### **Bleeding:**

Bite firmly on the gauze pads in your mouth for 30 minutes. If the site is still oozing after that time, use a fresh gauze pad for an additional 30 minutes. If bleeding should recur, bite down on a tea bag which has been dipped in ice water. Some blood-tinged saliva is normal for the first day. If you feel bleeding is excessive, please call our office.

### **Pain:**

Some discomfort is to be expected following oral surgical procedures. Take pain medication as prescribed by your doctor.

### **Swelling and Bruising:**

Some swelling is normal after surgery. To minimize its occurrence, place ice in a ziplock bag wrapped in a towel over the site for twenty minutes on, then 20 minutes off for the first day. Elevate head with 2 – 3 pillows to minimize the swelling. After 24 hours, replace ice with moist heat (a hot water bottle wrapped in moist towels) for 20 minutes on / 20 minutes off as needed. Bruising may occur, especially in fair-skinned and older patients. This will resolve in 7 – 10 days.

### **Diet:**

Soft foods may be taken after the anesthetic wears off. Avoid very hot or spicy foods to minimize discomfort to the surgical site. Do not smoke or drink from a straw for 48 hours to prevent loss of the blood clot, which may cause increased pain and bleeding.

### **Nausea:**

Nausea may be caused by any of the medications given to you for surgery or pain control. Take pain medications with a small amount of food, and at least a full glass of water. If nausea persists, room temperature Coca-Cola from which the bubbles have been stirred out may help to alleviate it.

### **Hygiene:**

Brush gently, avoiding the surgical site. After 24 hours, gentle rinsing with warm salt water (1/2 tsp. salt in 8 oz. water) may reduce discomfort and odors.

**If you have concerns about excessive pain, bleeding, infection, or other problems, please contact us at 715-3333 immediately.**

Special Instructions:

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Patient (or Guardian) Name

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Date