



Oral Surgery Post-Op Care

You have just completed surgery. It is NORMAL to experience pain, swelling, and bleeding. It will get better after the 2nd or 3rd day post surgery, a little bit day by day, and that is a good sign. If excessive pain or swelling occurs please contact the office, if the office is closed please visit the nearest emergency room immediately.

Immediately After Surgery:

- Bite with **CONSTANT PRESSURE** on gauze for minimum 15-20 minutes.
- **DO NOT CHEW** on the gauze. Bite on gauze until bleeding/oozing stops. Remove and discard gauze, replace with another gauze *if needed* for another 15 minutes, repeat if necessary.
 - If bleeding continues, bite on a cold unused moistened black tea bag for 15 minutes. The tannic acid and caffeine in the tea bag helps to form a blood clot. This can be repeated several times.
- If you stand up too quickly or lift anything heavy over the next 5-7 days and the surgery site starts to bleed then repeat the steps above, THIS WILL SOLVE 99% of bleeding issues if done CORRECTLY.

Avoid the 4 S's for 3 Days:

-- **Smoking – Straws – Spitting – Soda** --

- No smoking (cigarettes, marijuana, vape pens or cigars)
 - Heat and carcinogens increases chances of getting a dry socket and delays healing. The negative pressure from puffing or sucking dislodges healing blood clots.
- No sucking through a straw. No sucking or puffing movement period.
- No spitting hard - let liquids dribble out of your mouth gently.
 - This can dislodge the healing blood clot forming in your surgery site and can cause a painful dry socket and delay healing.
- No pop, soda, beer, or carbonation.
 - Carbonation can dissolve the healing blood clot.

-Avoid HOT soup, coffee, or tea for 3 days.

-You can still eat and drink these things but eat or drink them lukewarm or colder.

-It is recommended to avoid Alcohol for 3 days

-Alcohol can thin your blood and lead to excessive bleeding, delayed healing, and also adversely react with medications.



Oral Surgery Post-Op Care: INSTRUCTIONS

1. Care:

- a. Take all medication(s) as instructed (see attached medications).
- b. 1st 24 Hours - Place **Ice Pack** with paper towel or barrier to reduce swelling. Do not ice for longer than 20 minutes at a time. Ice as much as possible in first 24 hours.
- c. After 1st 24 Hours - **Rinse and gargle with lukewarm salt water** for 30 seconds every 2-3 hours and after everytime you eat for next 7 days. If you have been given a monojet water syringe, **Very Gently Flush** surgery site. Do not spit hard, let Salt Water dribble out of your mouth gently.
- d. If prescribed Peridex: After the 1st 7 days, rinse twice daily for 30 seconds for 7 more days.

2. Eating & Drinking:

- a. 1st 24 Hours – Your diet should be restricted to:
 - i. Cold/Lukewarm Liquids.
 - ii. Dietary Supplements such as protein shakes, ensure, & smoothies and very soft foods like oatmeal, eggs, bananas, yogurt, etc. are good choices.
 - iii. Avoid Peroxide, Alcohol, Carbonated Drinks & No Straws for 3 days.
- b. After 1st 24 Hours – Gradually progress to soft foods that are easily chewed and swallowed. **Do Not Skip Meals.**
 - i. If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal faster.
 - ii. Avoid hard and crunchy foods that can damage surgery site for 7 days.

3. Brushing & Flossing:

- a. Begin brushing and flossing the areas not operated on the day following surgery. **Avoid the Surgical Sites** for at least 7 days. You may notice a white film over the surgical sites. This is normal.

4. Activities:

- a. No smoking for 3 days (includes cigarettes, marijuana, vape-pen, cigars, etc)
- b. 1st 24 Hours - Plan to **Rest** at home the remainder of the day of surgery and the following day. You may read, watch TV or work from home. When sleeping, elevate your head to decrease swelling.
- c. After 24 Hours - Slowly return to normal daily routine, avoid strenuous activities such as heavy lifting or exercise programs for one week following surgery.

5. Bleeding:

- a. Slight bleeding or oozing is normal during the first 2-3 days following surgery. Saliva washes over the blood clots and dyes the gauze red even after bleeding from the site has actually stopped.
- b. To minimize bleeding, sit upright, don't get excited, maintain constant pressure on the gauze or tea bag and avoid exercise. Constant Pressure with gauze for 15-20 minutes solves 99% of all bleeding issues.

6. Sutures:

- a. If placed, do not play with them with your tongue. Normally they will dissolve, loosen, and come out on their own within the first 2 weeks. If sutures were placed that require you to come back, they will be removed in 2-4 weeks. You will be informed if that is the case before you leave the office.