



## POST-OPERATIVE INSTRUCTIONS

**No rinsing or spitting for the first day following surgery. Do not use drinking straws or smoke 7 to 10 days following surgery. No alcoholic beverages (including mouthwash) for 3 days or while taking any pain medications. Tomorrow, start rinsing with warm salt water 3 to 4 times a day for a week or until tenderness is gone. No carbonated drinks or soft drinks one week following surgery.**

**Pressure:** Helps control bleeding, swelling and holds the gum tissue against the bone to promote proper and rapid healing. **Bite on gauze for 2-6 hours then remove.** When a little blood mixes with saliva in the mouth it may appear to be a lot. If bleeding continues after several hours apply gauze or a moist tea bag (tannic acid) to the area to control the bleeding. If bleeding still continues call the doctor.

**Diet:** Nourishment for the first day is very important. After the gauze is removed, a soft diet is recommended for the first day (example: Jell-O, pudding, mashed potatoes, fruit smoothies with a spoon, no straw, etc.) and normal diet should be resumed as soon as possible. A lot of liquids should be taken, but nothing hot on the first day, due to numbness. **Note: Medications should not be taken on an empty stomach.**

**Pain:** The first 24 to 48 hours after surgery are usually the most difficult. Take a pain pill after removing the gauze and before the anesthetic wears off. From there on, please follow the directions on the prescriptions.

**Ice:** Controls swelling and pain. Should be used for 48 hours continuously with short breaks every 20 minutes. Elevations of the head (20 degrees, about 2 pillows) for 48 hours will help control swelling. Maximum swelling usually occurs 24 to 72 hours following surgery.

**Nausea:** May occur especially after general anesthesia. Clear liquids should be taken such as broth, flat 7-up, Jell-O, or tea until nausea subsides, after which a normal diet may be resumed. Dramamine or Meclizine (Bonine) are both over the counter medications that are advisable for controlling nausea.

**Brushing:** You may brush and floss the first day after surgery. Brush lightly in the area of the extraction.

**Misc.:** Pain in the ear, difficulty in swallowing, opening and closing of your mouth and some local discoloration of the skin are additional findings which occur with varying frequency. Any symptoms lasting longer than 5 days should be check by the doctor.

**IN CASE OF AN EMERGENCY, CALL (760) 724-8891  
MON – THUR 8AM – 5PM, FRI 7AM – 3PM**

**IN CASE OF AN EMERGENCY AFTER HOURS (760) 720-8151 Pager**

