



Post-operative Instructions Oral Surgery

1. Bleeding - You may continue to bleed slightly for several hours. You may find some blood in your mouth or on your pillow in the morning. A small amount of bleeding is normal, a dark heavy flow is not and should be addressed as follows:
 - a. Keep your head elevated - sitting upright or slightly reclined.
 - b. Keep still and rest – minimal physical movement.
 - c. Fold and place gauze square over the bleeding area and APPLY PRESSURE by biting firmly for 30 minutes. Once the gauze is in and pressure is applied do not remove the gauze until the 30 minutes has passed. Frequent checking will cause the bleeding to continue.
 - d. Do not spit, drink warm liquids, swish, or disturb the blood clot from forming.
 - e. If bleeding continues, wrap a moist tea bag with a single piece of gauze and use this in place of the gauze square mentioned above, for 30 minutes.
 - f. If significant bleeding continues call the office.

2. Pain – Pain is normal healthy response. Pain control medications are intended to keep you comfortable, not pain free. A combination of ibuprofen (Advil/Motrin) and acetaminophen (Tylenol) works better than narcotics/opioids, and create less nausea and constipation. Start the medications while you are still numb, before discomfort starts, and then keep taking the medication on schedule gradually reducing after 24 – 48 hours. Recommended dosage for adults is ibuprofen 400 – 600 mg and Tylenol 500 mg, every six hours. Best taken with a small amount of food.

3. Swelling and bruising

Some swelling and bruising is expected, especially for patients who have been taking aspirin or ibuprofen or blood thinners or herbals. You may also experience a sore throat or discomfort when swallowing. Swelling may limit your ability to open your mouth wide. These things should all diminish within the first several days. **Applying crushed ice or a cold pack to the outside of your face near the extraction sites will greatly reduce swelling and inflammation and discomfort.**

4. Medications - Please take your medications as prescribed. They will speed your recovery and increase your comfort level.

5. Eating – We advise against chewing anything while still numb. Soft easy foods are best. Also avoid small hard bits like seeds, nuts, popcorn, that can get trapped in the site. No drinking through a straw. No smoking or vaping as much as possible.

6. Take it easy, rest, eat, recover, and please call if you have any questions or concerns. We are available to you anytime.

