



Home Instructions after your Oral Surgery

After surgery, gauze is placed in your mouth so you can apply pressure by biting down to help reduce bleeding over time. You have been given gauze to take home. You are to change the gauze every 35 minutes. Place one piece of gauze, directly over the area, folded two to three times, per site. You may also place a black tea bag instead of gauze. The tannic acid in the black tea helps form a clot by contracting blood vessels. **YOU WILL ONLY HAVE TO BITE ON GAUZE THE DAY OF SURGERY.** Once the gauze is a light pink color after applying pressure for 35 minutes, discontinue biting down on gauze. Always remove gauze while eating, drinking, or sleeping. If bleeding occurs, avoid hot liquids\food, exercise, and keep head elevated. If bleeding persists after 24 hours and is not slowing down, call our office immediately.

Avoid any swishing, spitting, using straws or smoking of any sort for 4 to 5 days. A blood clot needs to form in the extraction sockets and doing any of those things can disrupt the formation of the blood clot or remove the blood clot formed. If a blood clot is unable to form or is removed from the sockets, dry socket can occur. You may have sutures (stiches) in the extractions site(s) to help heal the tissue. The sutures are dissolvable and will come out on their own as your extraction sites heal. Avoid pulling, cutting, or playing with the sutures with your tongue while they are intact.

Swelling is a common post op side effect. Make sure while sleeping you have your head elevated above your heart. Use ice packs (externally) on the cheek(s) near the surgical site(s), 20 minutes on and 20 minutes off. **YOU WILL ONLY DO THIS FOR THE FIRST 36 HOURS.** Swelling will peak on the third day. If able to take ibuprofen, you will have a prescription prescribed to you. Ibuprofen is an anti-inflammatory and helps with swelling as well as pain. After the third post op day, you can switch from the cold compresses to warm compresses. Use of a moist warm washcloth works perfectly. This also helps with any discoloration from bruising that may have occurred.

Starting on day 2, use a warm salt water rinse, 3 times a day following meals to flush out food particles and debris that may lodge in the surgical site(s). (One teaspoon of salt in one cup of warm water). Remember no vigorous swishing or spitting. Place the warm salt water in your mouth, roll your head around gently, then over the sink, let the warm salt water roll out of your mouth. REMEMBER NO SWISHING OR SPITTING.

A sore throat may develop and is common. The muscles of the throat are near the extraction sites. Swelling of the throat muscles can cause pain. This is normal and will subside in 2-3 days.

Your diet will change immediately after receiving oral surgery. While you are still numb, only eat apple sauce, jello, pudding, or a smoothie without the straw. These foods require no chewing. This will ensure that you don't bite down on your cheeks lips or tongue while you are numb. After the numbing wears off, you will move to a soft mechanical diet. Anything you can cut with a plastic fork will be ok. (Rice, noodles, pancakes, eggs). If you receive surgery on one side of your mouth, chew on the opposite side. Drink plenty of fluids. If many teeth were extracted, the blood lost will need to be replaced. Drink at least six glasses of liquid on the first day. Avoid carbonation for the first 24 hours. As your wounds heal, you will be able to resume your normal diet.

For severe pain, use the prescription given to you. If the pain does not begin to subside after 3 days, or increases after 3 days, please call our office. If an antibiotic was prescribed, make sure you finish the prescription unless you have an allergic reaction.

Refrain from brushing your teeth on the day of surgery. The day after your surgery, you may resume normal oral hygiene with a soft bristled toothbrush while being careful around surgical sites. Remember not to do any spitting or swishing.

If you have any questions or concerns, do not hesitate to call upon us. We are here to help you. There is no such thing as a stupid question!!

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