

Post-Operative Instructions after Oral Surgery

The following information will help you get through the first few days after your extraction. Should anything occur that seems out of the normal, do not hesitate to call your dentist.

- **DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection, and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils etc.).
- **DO NOT SMOKE FOR 12 HOURS:** Smoking will promote bleeding, infection and interfere with healing.
- **BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.
- **MOUTHWASH:** Avoid all rinsing or use of mouthwash for 24 hours after extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours only if prescribed.
- **DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.
- **BLEEDING:** Some bleeding is normal following an extraction. When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. Hold the dressing firmly in place, by biting or with finger pressure, for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid, a styptic, which may help to reduce the bleeding.
- **PAIN:** Some discomfort is normal after surgery. Analgesic tablets (i.e. Aspirin, Tylenol etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. Don't take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. If pain continues, call your dentist.
- **SWELLING:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary. The swelling usually starts to go down after 48 hours.
- **DIET:** You may eat regular meals as soon as you are comfortable after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids. Don't use alcoholic beverages and avoid hot and spicy foods.
- **ACTIVITIES:** Limit yourself to calm activities for the first 24 hours. This keeps your blood pressure lower, reduces bleeding, and helps the healing process. During your healing process, you may have a suture come out or small, sharp bone fragments which will loosen and come through your gum. These are not roots. If these bone fragments are very bothersome, call the office and arrange for them to be removed.

Please feel free to call the office to report any condition that appears to be unusual.



Ace Dental Clinic
11085 Resort Rd Suite 400
Ellicott City MD 21042
410 600 3959