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## **SURGICAL POST-OPERATIVE INSTRUCTIONS**

1. Bite on gauze for one hour. If the bleeding continues, roll fresh gauze, dip in ice water, and place over the surgical site. Bite for at least thirty minutes. A certain amount of bleeding is to be expected following oral surgery.
2. Swelling is not uncommon and need not cause alarm. An ice bag (or a towel filled with cracked ice) should be applied promptly to the affected area and used on and off every thirty minutes for the first day. Ice can be used through the third postoperative day.
3. Only cool or cold liquids should be taken on the first day of surgery. Avoid anything hot or chewable. It is preferred that you do not use a straw. On the day following surgery, you may add soft, warm foods to your diet.
4. On the day after surgery, a saltwater or one-half strength chloroseptic mouth rinse should be used. Rinse at least five to ten times daily for the next week. It is especially important to rinse after meals. You should brush your teeth as you would normally, taking care to brush gently around the surgical area.
5. If a prescription for pain medication was written, take the medication according to the directions on the label. No alcoholic beverages should be consumed while taking pain medications. No driving or operating heavy machinery should be attempted while taking pain medication. Over the counter medications may be taken instead of the prescription medicines, but do not use aspirin since it may cause continued bleeding.
6. You may notice sharp areas around the extraction site. Many people misinterpret this for part of the tooth. These are actually “splintered” pieces of thin bone that was surrounding your tooth. These “splinters” will usually dissolve on their own after a few weeks.
7. If you smoke, try to avoid it for at least 24 hours. Smoking can increase the chance for post operative problems.
8. In case of extreme pain, uncontrollable bleeding, or any unusual disturbances, please calls our office immediately. After hours, you can call the office phone number and receive instructions from a recording on how to reach the doctor on call.