



Oral Surgery Post-Op Instructions

- Bleeding
Some bleeding is normal after any extraction. Bite on damp gauze for 30 minutes. If the bleeding has not stopped repeat as necessary.
- Pain
Some discomfort may be expected following oral surgery. For discomfort use any **non-aspirin** (Tylenol/Advil) type of medication, or pain medicine as prescribed by the doctor. If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.
- Mouthwash/Hygiene
Do **NOT** rinse vigorously or probe the area. Tomorrow rinse mouth every 3-4 hours using a warm salt-water rinse. Dilute one (1) teaspoon of salt into a glass of warm water. It is recommended to use a soft toothbrush and brush gently around the area for the first week after surgery.
- Swelling/Bruising
Some swelling may be noticed in the first few days following surgery. Apply an ice pack for 20 minutes to the area. Remove for 20 minutes, the re-apply. Any bruising should be resolved in 7-14 days.
- Eating/Smoking
Soft foods or liquids are recommended for the first 24 hours. Avoid very hot, very cold, or spicy foods. **DO NOT DRINK THROUGH A STRAW OR SMOKE FOR THE FIRST 72 HOURS.** These actions can cause a dry socket in the surgery site. This can be very painful and will require treatment by the doctor. Advance diet as tolerable.

Thank you and if you have any troubles call us at 206 242-0066