



Aftercare for Oral Surgery

Anxiety Medication

If you have taken medication to relax, you may experience weakness, dizziness and double vision. This will subside in several hours. **YOU SHOULD NOT DRIVE FOR 24 HOURS AFTER TAKING THESE MEDICATIONS!!**

Bleeding

The gauze you are biting on should be removed in 30 minutes. If there is further bleeding place more gauze over the area for an additional 30 minutes. **BITE FIRMLY ON THE GAUZE!!** If bleeding continues, place a moistened tea bag over the extraction site and **BITE FIRMLY** for 30 minutes. **DO NOT SMOKE, RINSE OR SUCK THROUGH A STRAW FOR 48 HOURS AFTER SURGERY.** Any of the above will dislodge the blood clot, resulting in a dry socket, causing pain and slower healing. Oozing blood after the removal of teeth or other oral surgery is normal and may continue for 24-48 hours.

Food

Maintain a soft diet on the day of surgery – soup, yogurt, applesauce, ice cream, or runny mashed potatoes. Avoid very hot liquids.

Swelling

To reduce swelling, apply ice to the area of surgery as soon as possible. Continue icing for remainder of day of surgery, applying 15 minutes on/off or rotating from side to side. Pain, swelling, restricted jaw opening, sore throat and numbness of the lip and/or tongue are common occurrences after dental surgery. The swelling will peak about 48 hours after surgery and gradually subside. As the swelling decreases, hard knots may be felt along the side of the lower jaw, these will subside.

Rinsing

DO NOT RINSE FOR 48 HOURS AFTER SURGERY!! Then you may start rinsing your mouth with a warm salt-water mixture (1/2 teaspoon of salt dissolved in a glass of warm water) after each meal. Continue until the swelling has subsided and the extraction sites have healed over. Continue brushing and flossing as normal, avoiding the surgery sites.

Medication

STAY AHEAD OF THE PAIN!! Begin taking pain medication while you are still numb. If you have been prescribed Phenergan, continue to take it as long as you take the prescription pain medication. You can increase and prolong the effect of your prescription pain medication by taking 2 Ibuprofen (Motrin / Advil) in combination with your pain medication. Do not drive for 24 hours after your surgery, or until you stop taking the prescription pain medication. **Take the full course of your antibiotics, even if your pain and swelling have subsided.**

Bony Edges

It is normal to feel rough bony edges after extractions. If a sharp area persists, call the office for an appointment.