

ORAL SURGERY POST-OPERATIVE INSTRUCTIONS

EARLY CARE - During the first 1 to 2 days of healing, the tissues are very delicate and, therefore, you should avoid chewy or abrasive foods (such as steak, nuts, popcorn, etc). . An ice pack during the first 8 hours of surgery may be used to help keep the swelling to a minimum (on for 20 minutes, off 20 minutes).

DO NOT - rinse your mouth the first day. Beginning the day after surgery, the area should be kept as clean as possible with gentle rinsing. Do not use mouthwash. The best solution for rinsing is warm salt water made with 1 teaspoon of salt in a medium size glass of warm water. Drinking through straws and smoking should be avoided as the suction can promote continued bleeding.

BLEEDING - You should bite on the gauze you have been given in a manner which puts pressure directly on the surgical site. This may necessitate folding the gauze tightly to fit between the teeth to either side of the surgical site. Hold pressure against the gauze for about 30 minutes before changing or removing it. If there is no appreciable bleeding, do not bother replacing the gauze. Slight bleeding, sufficient to pinken the gauze, is normal and should not be cause for alarm.

If bleeding should restart after the gauze has been removed, replace the gauze and bite on it to control the bleeding. In some instances, it may be necessary to make a very strong tea solution (1 teabag in 1 oz of water) and soak the gauze in the tea solution before putting it in your mouth. The tannic acid in the tea will help promote clotting.

Please apply cold packs 15 minutes on and 15 minutes off or as instructed at the end of the appointment. It is good to eat cold smooth foods for the first 24 hours after surgery to help minimize swelling and brushing. After 24 hours warm heat should be applied as needed

If home measures fail, you should return to the office for evaluation and treatment during working hours or call 1.307.254.4359 or 1.307.254.4360 after working hours or on weekends.

PAIN - If you have been given a prescription, you should use it as directed on the bottle. You should, if at all possible, take the medication BEFORE the local anesthetic wears off as most pills take 30 minutes to one hour to reach full effect. As a general rule, post-operative pain from oral surgery should not last more than 3 days. If you are still experiencing pain or discomfort sufficient to interfere with sleep after 3 days, you should return to the clinic for a check-up of the healing. In many instances, particularly with wisdom teeth, a dressing may be placed to give you relief.

If you have not been given a prescription, it is because your surgery is not expected to be unduly painful. You should use whatever medicine you keep at home for headache, etc. such as aspirin, Anacin, Bufferin or Tylenol.

HEALING - During the healing process small fragments of bone may loosen and work out through the gum. These are not roots and should not be cause for concern. These pieces generally work out by themselves or you may return to the clinic for simple removal if they are uncomfortable. Slight mouth odor may be expected during the healing process.

It is normal for the healing extraction site to have a gray appearance and this should be left as it is.

UNUSUAL PROBLEMS - In case of extreme pain, uncontrolled bleeding, massive swelling or drainage or foul material from the site, you should return during office hours to the clinic. During the night or on weekends call 801.278.4787 or if no answer 1.307.254.4359

Our interest in your case does not stop with the completion of the surgery. If any difficulty arises, please do not hesitate to return for evaluation and/or treatment.