



## Post Surgery Instructions

**HEALING: DO NOT DISTURB** the wound by touching it with fingers, tooth pick or tongue because irritation, bleeding and infection could result. The blood clot which forms over the areas is nature's way of healing and should not be disturbed.

- **Do not drink** carbonated beverages for 2 days.
- **No spitting or rinsing** out for 24 hours.
- **Do not smoke for at least 48 hours.** Smoking may dislodge the blood clot and a dry socket may form.
- **Bite on your gauze compress ½ hour without moving it.** Very slight bleeding will be noticed as streaks of blood in your saliva. You may place fresh gauze over the area, moisten them lightly first and then bite firmly for one hour. If bleeding is excessive, place a tea bag over the wound and bite firmly for one hour.

**MEDICATIONS:** Take your medication exactly as directed. Do not change dose or frequency unless directed by Doctor. Report promptly any reaction or upset that seems to come from taking your medication. At the time of such an occurrence, cease all medications and call our office.

Taking antibiotics (e.g. Amoxicillin, Penicillin, Erythromycin, Cleocin, Clindamycin) **MAY REDUCE THE EFFECTIVENESS OF BIRTH CONTROL PILLS.** Therefore, other precautions should be taken.

Take pain medications at first sign the numbness is wearing off. Begin other medications according to your schedule. (Examples of times: 7, 3 and 11 or 6, 2, 10 or 8, 4 and 12).

### WHAT TO EXPECT:

Expect moderate swelling for 3-5 days after surgery. This is normal. Decrease in swelling should begin on the third day. Mild skin bruising may accompany this. Place ice pack on your cheek for 20 minutes on 20 minutes off. Repeat cycle for the next 24 hours. After the initial 24 hours, repeat the same cycle using moist heat. This will help minimize and dissipate any swelling.

Expect some soreness around the extraction site. This should be a low magnitude and last a few days.

Occasionally, bone fragments may work their way out of the tissue after teeth are removed.

Begin cleaning 24 hours after surgery. Brush your teeth as normal. Use 1 teaspoon of salt in a glass of warm water as a mouth rinse, do this after each meal once in between meals.

### DIET AFTER ORAL SURGERY:

Ice Cream	Mashed Potatoes	Pasta	Oatmeal
Yogurt	Soups (cream or broth)	Rice	Jell-O
Pudding	Macaroni and Cheese	Eggs	Baby Food
Applesauce	Cheese Slices	Grits	Milkshakes- No Straws

\*Remember, nothing hot until the numbness wears off. Food may be eaten at room temperature. Diet as tolerated after 2-3 days. Avoid chips, tacos, peanuts, popcorn, nachos, and anything crunchy until wound closes.