



## POST OP INSTRUCTIONS

Handout (H-7) 07/28/06

Do not rinse your mouth for 24 hours after surgery. After 24 hours, use salt water rinses. Mix ½ teaspoon of salt in a glass of warm water and rinse after each meal.

Bite firmly on the gauze for 20 to 30 minutes after surgery, but no longer than 1 hour. If excessive bleeding occurs, wet a tea bag, place it over the extraction site, and gently close down with firm pressure for 30 minutes to 1 hour. You should expect a small amount of bleeding from the extraction site.

A soft diet is recommended for the first 24 hours. Avoid any alcoholic and carbonated beverages. No smoking or drinking through a straw until healing is well established.

Apply an ice pack (ice cubes in a plastic bag & wrapped in a towel) to the outside of the face, this will help keep the swelling down. Place firmly on the outside of the face for 1 - 2 hours.

You may have been provided with a prescription for post op discomfort. Please take as prescribed and read the label carefully. Do not drive or drink any alcoholic beverage while taking pain medication. An upset stomach may be a reaction to medication. Either discontinue, or call to receive further instructions.

The best way to prevent infection is to keep your mouth clean. Brushing in your usual manner after each time you eat will help prevent this.

Discomfort may be most severe the first day and then diminish each day thereafter. Pain that goes away for two or three days and then comes back is not normal. If this happens, please call us immediately. This is an easy problem for us to treat if you just let us know.

### FOR SEDATION PATIENTS

- Do not make any important decisions for 24 hours.
- Do not drive or operate heavy machinery for 8 - 24 hours.
- A responsible person must stay with the patient for 4 - 6 hours. If the patient becomes difficult to arouse, notify us. Call 911 immediately if the patient has difficulty breathing.