

Post Operative Instructions

BLEEDING: Continue to bite down on the gauze pack with firm pressure for 1 hour after surgery to stop the bleeding. Do not change the gauze even if it becomes soaked until after 1 hour. Remember, it is the continuous pressure on the wound that stops the bleeding. Some slight oozing of blood may continue for several hours and saliva may remain pink throughout the night and into the next day.

If bleeding seems excessive try these steps first:

1. Rinse with cold water
2. Replace the gauze and bite with firm pressure for 30 minutes
3. Remain in a seated position
4. If bleeding persists, wrap a warm moist black tea bag in gauze, place it over the surgical site, and bite down with firm pressure.

Bright red bleeding that wells up rapidly from the socket rarely occurs, but should this be a problem, please call our office immediately.

PAIN AND SWELLING: Pain and swelling are expected and will peak 2-3 days after surgery. That is - it is normal for the third day to have the most swelling and pain. Take the first dose of ibuprofen 1-hour after your surgery preferably with some soft food (smoothie, yogurt, applesauce). During the first night, sleep with your head slightly elevated by stacking pillows under your head. Set an alarm to take the pain medication at regular 6-hour intervals to make sure you do not allow the pain medication to wear off. Do not take more than the recommended doses as it can cause nausea, vomiting, or more severe issues. In most cases the prescribed pain medication should only be needed for the first 2-3 days and can then be tapered down. For the best results please follow the schedule below:

1. Apply ice to the face 20 minutes on and off for 72 hours, as consistently as possible.
2. Ibuprofen (i.e Advil and motrin) 600mg every 6 hours with food
3. If pain persists, **do not stop** ibuprofen and add up to 1000mg of Tylenol (Acetaminophen) every 6 hours
4. If pain persists, **do not stop** ibuprofen and tylenol, add the prescription pain medication as directed on the bottle.

FOOD: While your lip and tongue are numb, avoid any chewing or anything hot to prevent biting or burning yourself. For the first 24-hours after surgery, soft foods will be best. You may progress to a regular diet as your pain allows.

NAUSEA AND VOMITING: If nausea and vomiting should occur, it may be due to the sedation medications, pain medication, dehydration, or swallowing some blood. Make sure to take all medications with some food. Drink small sips of water instead of large gulps, but remain hydrated as much as possible. You may also take the anti-nausea medication if it was prescribed. If this does not help, please call our office.

ORAL HYGIENE: Starting the morning after surgery, GENTLE rinsing with warm salt water can be done twice a day. Brushing should be resumed the morning after surgery as well, be gentle around the surgical area.

STITCHES: Sutures are in place to assist in clotting and healing comfort. All stitches are dissolvable and will fall out on their own usually in 5-10 days.

Instructions for specific procedures:

WISDOM TEETH REMOVAL: You will be given a plastic syringe, this is used to irrigate the lower extraction sites with **warm salt water**. Please start this on _____ (the 3rd day after surgery). One full syringe should be used per lower extraction site and should be done after every meal. Please do this gently, but this process is important in infection prevention.

SOCKET GRAFT (BONE GRAFT FOLLOWING TOOTH EXTRACTION): Do your best to avoid the surgical area. Chew on the opposite side, be careful no to brush the surgical area. The bone graft is a sand like material that is packed into the extraction site. There is a membrane with sutures holding the graft in place followed by a “liquid bandage”. It is common for some of the bone graft to come out over the next few weeks. The liquid bandage may come off in 2-3 days. The membrane is white and sits in place long enough for the socket to form a whitish scab over the top of it. The scab will likely come off in 1-2 weeks. Avoid aggressive rinsing or brushing of the graft area. Gentle rinses with warm salt water should be completed twice a day. Just remember that the graft requires time to heal and the less manipulation and trauma to the area, the better.

SINUS LIFT / AUGMENTATION: Do your best to avoid the surgical area. It is important to take the antibiotics given and to follow the sinus precaution instructions as listed below:

- Do NOT blow your nose for 2 weeks
- If you need to sneeze, keep your mouth open and do not try to hold back the sneeze.
- Do not smoke for as long as possible
- Avoid straws and spitting for several days
- Avoid nasal rinses and neti-pots for 2 weeks
- For sinus congestion and drainage please use the following recommended medications:
 - Daily allergy medication (Claritin, Allegra, Zyrtec)
 - Saline nasal spritz and flonase nasal spray every morning
 - Sudafed as needed