

WHAT TO EXPECT AND DO AFTER ORAL SURGERY

The care of the mouth after surgery has an important effect on healing. Swelling, restricted jaw movements and discomfort are expected and can be minimized by following these instructions:

1. **CONTROL OF BLEEDING:** A certain amount of bleeding is normal and oozing may occur for several days. If excessive, wipe blood from mouth and wound areas. Place a roll of gauze (compress) directly over wound for 30 minutes with constant pressure. A sitting position is better than lying flat. Repeat if necessary. Gentle rinsing is permitted on the day of surgery.
2. **CONTROL OF SWELLING:** Apply an ice bag to the side of the jaw for the rest of the day of surgery only. 15 minutes on, then 5 minutes off.
3. **CONTROL OF PAIN:** EAT before taking pain medication. Two Tylenol or two Advil (Ibuprofen) every three to four hours will control mild discomfort. If you have been given a prescription, take as directed on the bottle. PLEASE try to call during regular business hours for prescription refills.
4. **CONTROL OF NAUSEA:** One ounce, or so, of ice cold 7-UP or carbonated water every hour for 5 or 6 hours will usually stop nausea. Follow this with mild tea and clear soups.
5. **DISCOLORATION:** Bleeding into the tissue may cause “black and blue” areas to form. THESE ARE ONLY TEMPORARY.
6. **EATING:** Eat regular food, as you find comfortable. Liquid or soft foods may be easier for the first few days.
7. **CLEANING OF YOUR MOUTH:** Brush your teeth, tongue and gums. Rinse thoroughly three to four times daily beginning the day of surgery. Salt rinses are made by adding ½ teaspoon salt to an 8-ounce glass of warm water.
8. **BONE FRAGMENTS:** During the healing process small sharp bone fragments may loosen and work through the gum. These fragments work out. If they are bothersome, return to the office for their removal.
9. **NO SMOKING OR STRAW USE FOR 24 HOURS AFTER SURGERY!!**

In case of abnormal disturbances, please call the office at 475-8990. If you call after regular business hours, leave your name, telephone number and a brief description of your concern on the voice mail and we will return your call.