



## **HOME CARE INSTRUCTIONS FOR ORAL SURGERY**

The following steps are necessary for achieving proper healing with minimal complications. The first 24 hours of self-care instructions must be followed closely or delayed healing can be expected.

Moist gauze packs are to be left in place for 30 minutes. Bite on the gauze with the slight pressure. Remove it briefly only to eat or drink, then replace it for the remaining period of time. Rest the remainder of the day, refraining from any smoking and physical activity. This will allow for good clot formation.

Ice should be used for 20 minutes to minimize swelling and should cover a large area. The ice bag should be placed within a towel making sure that the part next to your face is slightly moist. An additional towel should be used to secure the ice bag to your face. Aspirin, Tylenol, or Advil should be a sufficient pain remedy for most extractions. However, do not take any of these if an allergy exists.

Local anesthesia usually lasts two hours; therefore take one of these one hour before the anesthesia wears off. If you have been given a prescription, please do not drink alcoholic beverages, operate motor vehicles or perform duties that require mental concentrations for 8 hours after taking the medication. Be aware that pain medications do not totally eliminate discomfort but rather allows you to tolerate the

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discomfort. Do not rinse vigorously for 24 hours.

You must eat to feel healthy. Suggestions are milkshakes, liquids, lukewarm soup, baby food, cold drinks, ice cream, food that you can chew lightly or regular meals if you are sufficiently comfortable to eat.

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