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ORAL SURGERY POST-OPERATIVE INSTRUCTIONS

DISCOMFORT - Unfortunately, any type of surgery is accompanied by some degree of discomfort. Take your pain medication before the local anesthetic wears off, and 'stay ahead of the pain.' The first 3-4 days after your procedure will be the most uncomfortable; there should be slow and steady improvement each and every day after that.

BLEEDING - You can expect several hours of oozing and/or bleeding from your mouth due to any incisions that were made to complete the procedure. Firm, continuous pressure with moist gauze is the best option to aid in clot formation and limit bleeding. If bleeding persists, please contact us.

SWELLING - Some swelling is expected and normally reaches its peak about 3-4 days following surgery. Again, you can expect a slow and steady reduction in swelling after this peak period.

PAIN MEDICATION - The best combination for pain relief is alternating between Ibuprofen (Advil, Motrin) 600 mg taken every 8 hours and Acetaminophen (Tylenol) 1000 mg taken every 8 hours. These medications will help with pain, inflammation, and swelling. If you cannot take these medications, consult your pharmacist or our office.

ACTIVITY - Avoid strenuous activity for the first several days after your procedure. Once you're feeling up to it, it's best to start slow and see what your body is ready for.

DIET - It is important to eat and drink well. Drink plenty of fluids and start with softer foods that are high in calories (yogurt, pudding, milkshakes, etc.). Avoid foods that are spicy, crunchy, hard, or require a lot of chewing. Progress back to your normal diet slowly.

HYGIENE - Cleaning your mouth is important, but do not brush in the area of surgery the first day. After the first day feel free to gently brush the chewing surfaces of your teeth, but avoid the areas of surgery for the first week. Use any prescription mouthwash as prescribed.

SUTURES - If stitches were placed they will usually dissolve by themselves and be gone in 5-7 days, so a follow-up appointment will not be necessary. If the sutures are beginning to fall out or bothering your tongue you can carefully cut or remove them yourself.