

Oral Surgery Post-Op Instructions

Below are several things that need to be considered in order to get the healing process off to a good start. Please observe the following for the next 24 hours:

1. **Do not rinse your mouth today.** Tomorrow rinse your mouth generously every 3 to 4 hours (especially after meals) using warm salt water. However, it is okay to brush your teeth just do not spit at all this may cause you to form a dry socket by breaking the clot.
2. **Bleeding.** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes.
3. **Swelling.** Some swelling is normal. If this occurs, place an ice bag over the face in the area of the extraction. Keep for 15 minutes on and then 15 minutes off, repeat.
4. **Pain.** For mild to average pain use any non-aspirin medication you like to take.
5. **Food.** A light diet is advisable; no chips, steak, or tough foods, etc. Also no carbonation or use of straws. Both may cause dry sockets.
6. **Bony Edges.** Small sharp bone fragments may work up through the gums during the healing process. These are not roots; they usually work their own way out of the tissue. If annoying, return to the office for removal.
7. **Smoking.** No smoking during the first 24 hours. Smoking causes dry sockets.
8. **Alcohol.** No drinking of alcohol, which also has been known to cause dry sockets.
9. **If any unusual symptoms occur, call our office immediately.**