

# INSTRUCTIONS FOLLOWING ORAL SURGERY

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1. Important note to patient treated with IV sedation. You are considered impaired for 24 hours. **DO NOT** drive a motor vehicle, sign any legal papers or use power equipment for the next 24 hours.
2. **DO NOT** drink alcohol for 24 hours. The drugs used in anesthesia in combination with alcohol can be harmful.
3. **DO NOT** drink alcohol if you are taking pain killers.
4. **SMOKING:** smoking should be avoided for 5-7 days after the procedure. It is the primary cause of delayed wound healing and infection.
5. **BLEEDING:** avoid rinsing and spitting if bleeding occurs. It is normal for the saliva to be streaked with blood for about one day. If significant bleeding occurs, fold 1-2 pieces of gauze and place it directly over the site and keep in place with firm pressure. Keep continuous pressure applied over the site by biting down on the gauze for at least 45 minutes. It is NOT desirable to change the gauze pack frequently. An ordinary tea bag wet or dry, is an excellent substitute for a gauze pack. Bleeding intermittently sometimes occurs for several days following surgery.
6. **DISCOMFORT:** following surgery, some pain and discomfort is normal and expected. Take the prescription pain medications as you feel necessary, not exceeding the daily maximum dose. Over the counter Tylenol (Acetaminophen) or Advil (Motrin) can be just as helpful.
7. **SWELLING:** following surgery, some swelling is normal and expected. It is expected to peak 24-48 hours after the surgery, and then begin to subside. This may extend under the chin and down the neck. Ice packs are helpful on the cheeks in the first 24 hours (20 minutes on/ 20 minutes off). Warm packs are beneficial 24 hours following surgery.
8. **BRUISING:** may occur after the surgery and can extend from the face and under the jaw line. This is normal and should resolve within 7-10 days.
9. **MOUTH WASH:** after 24 hours, it is recommended that you rinse your mouth with warm salt water (1/4 tsp salt dissolved in 1 cup of warm water) or if prescribed, the antiseptic rinse (0.12% Chlorhexidine). DO NOT use products such as Scope or Listerine.
10. **BAD TASTE OR ODOUR IN THE MOUTH:** may be due to food accumulating in the extraction sockets. A syringe can be used to rinse out the extraction sockets, especially the lower sockets. Use salt water or warm water in the syringe to flush the sockets.
11. **DIET:** soft foods and liquids may be taken once the local anesthetic (dental freezing) has worn off. Avoid having hot foods or liquids for the first 24 hours. Avoid harder foods. Progress your diet based on comfort. For the first 24 hours, avoid drinking with a straw.
12. **SHARP EDGES or BONE CHIPS:** may occasionally be noticed and will usually resolve on their own.
13. **FOR IMMEDIATE DENTURE(S):** should not be removed until the patient has seen his/her own dentist, usually within 1-3 days.