

HOME CARE ADVICE FOLLOWING ORAL SURGERY

1. **HEALING: DO NOT DISTURB THE WOUND** by touching it with your fingers, toothpick, or tongue. Irritation, bleeding, and infection could result. The blood clot which forms over the area is nature's method of healing, and should not be disturbed
2. **RINSING: DO NOT RINSE DURING THE DAY OF YOUR ORAL SURGERY.** This is to avoid disturbing the blood clot which is essential for proper healing of the wound. **AFTER THE FIRST 24 HOURS YOU SHOULD RINSE YOUR MOUTH FOR THE NEXT 4 OR 5 DAYS.** Rinse every 2 hours with lukewarm tap water with 1/2 teaspoon of salt (especially after eating) for 4 to 6 days. Then resume normal brushing.
3. **CONTROLLING BLEEDING: SOME SLIGHT OOZING OF BLOOD FROM THE WOUND IS NOT UNUSUAL.** To minimize bleeding after an extraction bite **HARD** and **STEADY** on a rolled piece of gauze, thus exerting pressure on the wound. Change the gauze every 20 minutes for approximately 2 hours. If bleeding should continue, bite **HARD** and **STEADY** on a wet tea bag for 20 minutes. **DO NOT LIFT THE GAUZE DURING THIS PERIOD TO SEE IF IT IS BLEEDING. ALSO, DO NOT RINSE YOUR MOUTH OR SPIT OUT DURING THIS PERIOD.** If bleeding persists, please contact the office.
4. **RELIEVING PAIN:** Some slight discomfort is to be expected. To alleviate this discomfort, take 2 or 3 tablets of Tylenol or Motrin, starting one hour after the extraction. This will help maintain minimal discomfort. You may want to repeat this every 4 hours for the next day or two, depending on how uncomfortable you are. A prescription for pain medication which is more potent than the above analgesics will be given to you if the doctor feels that your oral surgery procedure warrants it.
5. **MINIMIZING SWELLING:** Apply an ice pack on your face for 15 to 20 minutes. Repeat this for 20 minutes on, and 20 minutes off, until bedtime. Peak swelling can take place anytime from 24 to 48 hours after the surgery. If swelling is still present 4 days after the surgery, apply heat and warm shower water to the area. If significant swelling is still increasing at 4 days after the surgery, contact the doctor.
6. **EATING AND DRINKING: DO NOT EAT OR DRINK FOR FOUR HOURS AFTER THE SURGERY.** This will ensure minimum disturbance of the fresh blood clot. After the first four hours, do not eat or drink anything hot. Eat only soft foods such as ice cream, jello, or pudding. **DO NOT DRINK THROUGH A STRAW THE DAY OF SURGERY.**
7. **DO NOT SMOKE FOR 24 HOURS AFTER THE SURGERY.** Smoking could dislodge the blood clot, and cause a **DRY-SOCKET INFECTION.**

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE CALL US AT (781) 289-3600. IF THE OFFICE IS CLOSED, PLEASE LEAVE YOUR NAME AND TELEPHONE NUMBER ON OUR MACHINE, AND SOMEONE WILL CALL YOU BACK AS SOON AS POSSIBLE.