

GENERAL POST-OPERATIVE INSTRUCTIONS

WOUND CARE

1. Bite firmly on gauze pack that has been placed, until you arrive home, and then remove it gently. Replace with a moistened, wrung out gauze pad that has been folded in half or in quarter.
2. Do not smoke for at least 12 hours, because this will promote bleeding and interfere with healing.
3. Minimize talking.

BLEEDING

1. It is normal for an extraction site to ooze slightly for 24 hours. If the bleeding is more than slight ooze, place a small *damp* gauze pack directly over the tooth socket and bite firmly for 30 minutes. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another 30 minutes. You may have to do this several times.
2. Do not rinse, spit or suck fluids through a straw, because this promotes bleeding.
3. Keep your head elevated with several pillows or sit in a lounge chair in a 45 degree position for the duration of the evening of appointment. Limit motion and activity, stay in your chair. The more you move around, the more you'll bleed.

DISCOMFORT

1. Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain medication we have prescribed.
2. Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea.
3. Do not drive or drink alcohol if you take prescription pain medication.
4. Restrict your movement while on prescription pain medication, because movement causes nausea. Try to remain seated or lying down.

DIET

1. Remain hydrated, particularly if it's warm outside. Do not drink fluids through a straw, because this promotes bleeding.
2. Eat normal regular meals as soon as possible after surgery. Soft foods such as yogurt, soup, pasta, etc. are best for the first 12 to 24 hours.

MEDICATION- Follow the directions given by Dr. Mills or Dr. Sexton for both antibiotics and/or pain medication.

ORAL HYGIENE

1. Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
2. Brush your teeth gently and then with the (pink sponge) toothette dipped in peroxy, brush the area of surgery, particularly the gum area.
3. After 48 hours, rinse with Listerine 2x a day, after breakfast and before bed.

SWELLING

1. Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
2. Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable. Apply 20 minutes on and 20 minutes off for the first day. Do nothing the second day and on the third day, apply heat.

REST- Limit activity for at least 12 hours after your surgery. Additional rest time (24-36 hours) is advised after multiple extractions or the removal of wisdom teeth.

BRUISING- You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be cause for alarm. It will disappear in 7 to 14 days.

STIFFNESS- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days. After 24 hours, chew some sugarless chewing gum.

STITCHES- If stitches have been placed in the area of your surgery you will need to have them removed in 1- 2 weeks.

CALL THE OFFICE AT (843) 293-6700 IF:

1. You experience excessive discomfort that you cannot control with your pain pills.
2. You have bleeding that you cannot control by biting on gauze.
3. You have increased swelling after the third day following your surgery.
4. You feel that you have a fever.
5. You have any questions or concerns.
6. Use your best judgment.