



Post-Surgery Instructions

- Do not rinse or spit for 24 hours after surgery
- Keep fingers and tongue away from socket or surgical area
- Use ice packs on surgical area (side of face) for the first day, apply ice for 20 minutes on and 10 minutes off. Bags of frozen peas work well.
- For mild discomfort take Tylenol or ibuprofen every 3 to 4 hours
- For severe pain use the prescription given to you. You can also take 600 mg Ibuprofen(Advil) and 325 mg Tylenol together every 6 hours. Do **NOT** take Tylenol with Norco.
- Drink plenty of fluids (**Do not use a straw for at least 5 days**)
- If the muscles of the jaw become stiff, use warm, moist heat on the outside of your face over these muscles
- After the first post-operative day, use warm salt water rinse following meals for the first week to flush out particles of food and debris, which may lodge in the surgical area (1/2 teaspoon of salt in a glass of warm water. (A non-alcohol mouthwash can be added for better taste)
- Diet may consist of soft foods which can be easily chewed and swallowed. **No seeds, nuts, rice, popcorn, chips, etc.**
- A certain amount of bleeding is to be expected following surgery. Bleeding is controlled by applying pressure to the surgical area using a small rolled gauze for 90 minutes. After that time remove the gauze and then you may eat or drink.
- We suggest that you do not smoke for at least 5 days after surgery. Nicotine may break down the blood clot and cause a “dry-socket”.
- After 24 hours, some mild bleeding may persist. Continue to take your medication if pain persists
- You may expect swelling for 10 days to two weeks and a low grade fever of 99 to 100 degrees
- After 24 hours, brush tongue with a dry toothbrush to keep bacteria growth down but be careful not to touch the extraction site. Resume your regular tooth brushing, but avoid disturbing the surgical site so as not to loosen or remove the blood clot
- If you have heavy bleeding, severe pain, continued swelling increasing for 2 to 3 days, or a reaction to the medication, call our office immediately at (760) 304-6455 or after hours (760) 566-6238