



Oral Surgery Post Operative Instructions

Your healing and recovery from this oral surgery procedure may be helped by carefully following the instructions listed below, and those given you at the time of the procedure. It is common for swelling, stiffness and discomfort to occur following surgery. However, it is our intent to keep you as comfortable as possible and provide you with instructions to assist your body in healing. The following instructions should be understood and followed the first 3-5 days after your surgery.

The Day of Your Operation

Bleeding

- Keep gauze pack in place 30 minutes after the completion of your surgery; maintain constant, firm pressure.
- For the first 24 hours keep your head elevated while resting.
- Do not suck through a straw or spit excessively.

Note: Some oozing and discoloration of saliva is normal for the first 24-48 hours. If bleeding persists, replace the used gauze with a fresh gauze. Place the folded gauze over the extraction site and maintain constant firm pressure for (1) one hour. If you continue to experience bleeding, take one tea bag and place it over the extraction site for 20 minutes, maintaining constant and firm pressure. If none of these methods stop the bleeding or if the blood appears to be excessive and bright red, call Dr. Johnson during regular business hours at (541) 476-2200. After business hours and on weekends you can also reach her at this number and it will page her as long as you prompt it to do so by pressing 9.

Swelling

- Ice bags or cold compresses may be applied to the region of surgery for 10 minutes per ½ hour for the first 8-12 hours. This may help control any potential swelling and/or discomfort. **Note:** Ice bags or cold compresses should be used only on the day of surgery.

Pain

- Take prescribed medication or what you would normally take for a headache---and rest. **Warning:** Do not drive, operate mechanical equipment or consume alcoholic beverages after taking pain medication.

Medications

- Be certain to take all medications as prescribed. **Note: If you have been prescribed antibiotics and are currently using birth control pills (oral contraceptives) to prevent unwanted pregnancy, you should be aware that these antibiotics may render your birth control pills ineffective.** You should therefore rely on alternative birth control methods while you are taking these antibiotics and continue with alternative methods through the entire monthly cycle of your birth control pills.

Nutrition

- A liquid diet is suggested for the day of surgery, followed by a soft diet high in vitamins and protein for the next two days. You should increase your fluid intake, (i.e., water, milk or juices) beginning the day of your surgery. Alcoholic beverages should be avoided for the first 4-5 days after your surgery as they can compromise your body's ability to heal.

Smoking and Alcohol

- During the first 24 hours your body is trying to heal the surgical site by forming a blood clot. Any disturbance to the clotting process by cigarette smoke and/or alcoholic beverages reduces the body's defense system and increases the chances of acquiring a "dry socket"(exposed bone) with delayed healing. This is a very painful process that causes patients to miss work and stay home in bed. Pain medication is not effective for this condition and it can last up to 8 weeks. Therefore, you should refrain from smoking and/or consuming alcoholic beverages for at least 24 hours after your surgery and preferably 4-5 days after your surgery.

Limit Activity

- Do not exercise for 3 days.
- No heavy lifting (fifteen lbs. or greater) for 3 days.

The Second and Following Days After Your Surgery

Oral Hygiene

- Do not *swish* with anything for 3 days. When three days have passed your mouth should be rinsed 3-5 times per day with a warm water salt solution (1 tablespoon of salt in an 8 ounce cup of water). This will help soothe the oral tissues (gums) and help keep your mouth refreshed and clean.
- Brush your teeth carefully avoiding the surgical site.
- Continue taking your pain medication if needed. **Note: If you have been prescribed antibiotics and are currently using birth control pills (oral contraceptives) to prevent unwanted pregnancy, you should be aware that these antibiotics may render your birth control pills ineffective.** You should therefore rely on alternative birth control methods while you are taking these antibiotics and continue with alternative methods through the entire monthly cycle of your birth control pills. If antibiotics were prescribed, be sure to take all of your medication until gone unless you develop a rash or begin itching. If this were to occur call Dr. Johnson immediately at the phone number listed above.

If you have any questions concerning your surgery we encourage you to please feel free to call and speak with one of the assistants or Dr. Johnson. It is very important to Dr. Johnson and her staff that you, **our patient**, are kept as comfortable as possible.

We want to make your treatment as comfortable as possible.

If you have any other questions please feel free to ask.

On behalf of Dr. Johnson and the staff at
Allen Creek Dental

"We are here to help"