



LINCOLN DENTAL CARE * 1122 E. Lincoln Ave., Suite 114

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INSTRUCTIONS FOLLOWING ORAL SURGERY

Taking proper care of your surgical site will have a great impact on how well you will heal.

Following surgery, it is normal to experience some discomfort. If medication has been prescribed, take it as directed. You must eat before taking the pain medication. If taken on an empty stomach, nausea and vomiting may occur.

You have been given extra gauze. You mustn't eat, drink or sleep with the gauze in place. Bite with firm pressure on a gauze pad for 20-30 minutes. If bleeding continues, replace the gauze pad and apply pressure for an additional 30 minutes while applying ice to the outside of the cheek. If this is not effective use a moistened tea bag, regular black tea, not decaffeinated, over the bleeding area and bite firmly until the bleeding has stopped while applying ice to the outside cheek area. Once you have removed the tea bag, place gauze over the surgical site and bite firmly for 30 minutes while applying ice to the outside of the cheek. Oozing of blood is normal.

Initially, a cold soft diet is recommended as you will be numb. Yogurt protein shakes, applesauce, ice cream, and pudding are good choices. Then a soft diet is advised for several days after routine oral surgery. Some examples are cream of wheat/oatmeal, scrambled eggs, pancakes, shredded chicken, fish, pasta, soup, steamed vegetables, and mashed potatoes. Keep well hydrated.

Some swelling is normal and it can take 2-3 days for it to peak. Use ice packs for the first 24 hours. 30 minutes on and 30 minutes off. If you experience aching after the initial 36 hours moist heat can be used (moist compresses applied to the outside of the cheek for 10-15 minutes).

Do not cause suction in your mouth for a minimum of seven days after surgery. This means no drinking through a straw or smoking/vaping. Rinsing or aggressively spitting can also dislodge the blood clot, which is essential for healing and prevention of "dry socket". No smoking for at least 12 hours, and no hard liquor for 2 days.

Gently rinsing with salt water (1 teaspoon of table salt in 8 oz of warm water) is advised, starting the day of the surgery and continuing for 3-4 days. Gently rinsing is not a vigorous swishing motion of the salt water; Take a mouthful of the salt water and gently roll your head from side to side and then release the water into the sink. We recommend rinsing with salt water four times a day after meals and before bedtime. If you have been prescribed a mouth rinse you will begin using it 3 days after surgery twice daily, once in the AM and before bedtime. Do not eat or drink anything for 15-30 minutes after rinsing with this mouth rinse. Do not use mouthwash (like Listerine, Scope, etc.) for the first week following surgery.

Good oral hygiene is extremely important following oral surgery. The day following surgery you may resume brushing your teeth. We ask that you do not use an electronic toothbrush for 10 days after surgery. Gently brush the gum tissue on either side of the surgical site. Do not brush over the top of the surgical site. You may brush normally on your remaining teeth. If sutures (stitches) have been placed, they generally dissolve in 3-14 days.

Minimal activity is recommended for 1-3 days, depending on the nature of your surgery, with no cardiovascular exercise for one week.

If you have any questions, or if a problem arises call our office. Someone is available 24 hours a day. Return for post-operative care on:

Date _____ Day _____ Time _____