

# Post-Operative Instructions for Oral Surgery with Local Anesthesia

**Bleeding:** Bleeding was controlled before we discharged you, but some occasional oozing (pink or blood-tinged saliva) may occur for 24 hours. Place fresh gauze over the surgical area and bite down firmly for 30-40 minutes. Bite down on the gauze with moderate pressure. If bleeding persists, substitute a black tea bag (provided), moistened with cold water. Bite down with moderate pressure for an additional 30-40 minutes. Repeat, as necessary. Please call our office if your bleeding persists and becomes heavy after trying all of the above.

**Swelling:** Swelling is to be expected and usually reaches its maximum in 72 hours. To minimize swelling during the first 24 hours, apply cold packs or an ice bag wrapped in a towel, to the face, next to the surgical area. This should be applied for 20 minutes on and then removed for 20 minutes. PLEASE WAIT 24 hours before applying a warm compress to the area.

**Diet:** If you feel nauseated or sick to your stomach, drink clear liquids like 7UP, broth, apple juice, ginger ale, or tea. If these liquids do not make you nauseous, you may try eating soft foods like potatoes, Jello, rice, pasta, and cereal. Do not drink any alcoholic beverages. The drugs in your body may cause your reaction to alcohol to be dangerous. After 7-10 days you may resume a normal diet.

## DO NOT USE STRAWS OF ANY KIND FOR 5 DAYS.

**Oral Hygiene:** DO NOT DISTURB THE SURGICAL AREA TODAY. Bite down gently, but firmly on the gauze pack(s) placed in the office. It's important to keep this gauze in place for the first hour after surgery, unless the bleeding is not controlled, to allow a blood clot to form on the surgery site. Do not brush the surgical site, probe the area with your tongue, fingers, or other object. DO NOT SMOKE since it's detrimental to the healing process. If the corners of your mouth are cracked or sore from surgery, keep them lubricated with a thin coat of coconut oil, olive oil, or petroleum jelly.

**AFTER 48 HOURS:** Start to rinse your mouth at least 4 times a day (more is better!) and continue for 2 weeks. It's very important to keep your mouth clean to avoid infection.

**Saline:** Rinse 4 times a day, spaced 3 hours apart, with warm salt water (1/2 tsp of salt and 8 oz. of warm water). Gently move solution around your mouth, then let the liquid pour out. If you swish and spit too aggressively, additional bleeding may return.

**StellaLife:** Immediately following the saline rinse, perform another rinse using the StellaLife rinse. Use 1/2-3/4 Tablespoon (7-10ml) per application.

Normal tooth brushing may resume as long as the bleeding is controlled.

**Bruising:** Do not be alarmed if a yellowish, blue-black discoloration appears on your face after surgery. This discoloration will begin to fade in 7-14 days.

**Pain:** Use only prescribed medication according to directions. If approved by your doctor, take ibuprofen 600 mg, every 6 hours OR 800 mg every 8 hours. Avoid taking pain medication on an empty stomach. (We do not provide a prescription for ibuprofen.)

## PLEASE TAKE ALL MEDICATION PRESCRIBED

If the pain is intense, you may add EITHER acetaminophen -OR- hydrocodone. DO NOT ADD BOTH.

### WHAT TO WATCH FOR:

Following any oral surgery procedure (particularly the removal of impacted lower wisdom teeth), the following MAY occur:

- Other teeth on the same side of the surgery site may temporarily ache.
- You may develop a fever. If your temperature reaches 101.5° F, please call our office immediately: 503-652-8080.
- Numbness of the lower lip or tongue may occur on the same side as the surgery site. If this should occur, it will usually resolve itself over a period of time.
- There may be a "hole" in your gum after surgery. This will fill in with time. Rinse your mouth after meals to keep the area clean.

*Call our office if you develop excessive swelling that impacts your ability to swallow.*

**Post-Operative Appointment:** You are currently schedule on «Next Appointment Date» at «Next Appointment Time». It's important to keep any follow up visits. If you are unable to make this appointment, please call our office so that we may reschedule you. If you do not have a post-operative appointment, please call our office to schedule one.

