

POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY PATIENTS

With proper attention to postoperative care, most surgical procedures involving the oral cavity will heal quickly and without complication.

1. **PROTECTION OF BLOOD CLOT.** Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. Do this for at least 45minutes to an hour. If bleeding continues, replace sterile sponge with another as provided and maintain pressure for another 30minutes. Some oozing of blood is normal following oral surgery and it may persist until the next day. Do not gauze if there is no active bleeding.
2. **DO NOT RINSE.** Do not rinse or use a mouthwash for at least 24 hours. After 24hours rinse with warm salt water (1/2 teaspoon table salt in 8oz of warm water) every 2-3 hours during awake hours for the next 5days. Do not rinse vigorously; this may initiate bleeding at the site of surgery. (The use of commercial mouthwashes during the healing period is not encouraged.)
3. **PAIN.** Following oral surgery, it is normal to experience some discomfort. Appropriate pain medication will be prescribed by the surgeon if he feels it will be necessary. If none has been prescribed, two aspirins taken every 3 to 4 hours should be helpful.
4. **SWELLING.** Swelling of the jaw and facial tissues often follows oral surgery. To minimize swelling, apply an ice bag as soon as possible to the affected side of the face for a 15 minute interval, this may be repeated every 30 minutes for the next 6 hours postoperatively. The ice bag should be used only on the day of surgery although swelling may persist and even increase for the next day or two before it begins to subside. At time, difficulty in fully opening the mouth will follow the removal of impacted wisdom teeth. As the swelling resolves, a normal degree of opening should return.
5. **THE TOOTHBRUSH.** The toothbrush may be used carefully in the area of the mouth not involved by the surgical procedure. A clean mouth heals faster.
6. **EATING.** Adequate food and fluid intake following surgery and/or general extraction is most important. If you find that eating your regular diet is too difficult, you should supplement your diet with nourishing liquids, and soft foods. Solid foods may be added as soon as you can chew comfortably.
7. **AVOID.** Avoid all excessive activity; don't consume liquids through a straw; avoid alcoholic beverages until healing is well established.
8. **SUTURES.** If sutures were used, it is important to return on the appointment date so that they can be removed.
9. **COMPLICATIONS.** Prolonged or excessive discomfort, swelling, bleeding or fever seldom arise; however, if there is a problem you should contact the surgeon so that further direct instructions for your care may be given.
10. **POSTOPERATIVE INSTRUCTIONS PROVIDED TO ME.**

Patient Signature

Date