



After Oral Surgery Medications

Fill your prescriptions.

If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

If you are not allergic, you may take acetaminophen (Tylenol) or Advil (ibuprofen) or a combination of both as directed by our office for pain relief. We often recommend two Advil and two Tylenol every five hours. These over the counter medications are best taken with food. Please note that these drugs may cause drowsiness. Therefore, you should not operate machinery, cars, etc. or consume alcohol.

Activity

We insist on no physical exertion during the twelve hours following the procedure. It is normal to feel tired after the surgery. Rest and good nutrition will help accelerate the healing process.

Bleeding

- Do NOT SMOKE, rinse or swish out for 24 hours!
- Do NOT drink hot liquids for 24 hours!
- Do NOT drink through a straw for 24 hours!

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That is the reason we ask you to continue to bite on gauze pads for 1 ½ hours after leaving the office.

Rest with your head elevated. Some slight bleeding is expected and you may repeat biting on gauze pads. It is important that the gauze be placed directly over the extraction/surgical site and not over the adjacent teeth. Be sure that the gauze pads are bulky enough to prevent the upper and lower teeth from touching when biting firmly. If bleeding is persistent, place a dry tea bag (NO herbal tea) on the surgical site and bite to apply pressure for one hour.

It is normal for your saliva to be blood tinged for 24-48 hours.

Swelling

Swelling is not uncommon after surgery and it usually subsides 24-48 hours after surgery.

To reduce swelling, you may apply an ice pack or an unopened bag of frozen peas or corn to your face over the surgical area.

Apply the ice pack within the first hour and continue for up to 24 hours.

We recommend a schedule of 20 minutes on, then 20 minutes off.

After 24 hours, warm applications may help you feel more comfortable.

If you have been instructed to take a steroid medication to reduce the swelling, take as directed.

Mouth Rinse

Do NOT rinse or swish out your mouth for 24 hours after surgery. After 24 hours, mix 1 rounded teaspoon of table salt in about 5 ounces of warm water and rinse gently once every 2 hours (while awake) and after meals. This can be continued for 3-7 days or more if directed.

Diet

Do NOT drink hot liquids or drink through a straw for 24 hours.

You may begin to drink liquids in the first few hours after surgery. Start with clear liquids (water, ice chips, ginger ale, sport drinks) and then progress to milk products as tolerated. Fluids are important prior to taking any medications as they help to minimize nausea.

Eat a soft yet normal diet for 3-4 days. Choose nutritious foods such as yogurt, scrambled eggs, oatmeal, cottage cheese, mashed potatoes, bananas, juices and soups. Consider juicing vegetables and grinding meats.

Avoid hard foods that require chewing or that have small pieces, i.e. granola, nuts, rice, popcorn, etc. as they could enter the surgical site and break up the blood clot. A broken or dislodged clot can lead to "dry socket" which is painful and delays healing. A "dry socket", when it occurs, is usually 2 to 3 days after the surgery, and should be reported to our office.

Hygiene

Continued good oral hygiene is important. After 24 hours, gentle thorough brushing and flossing is advised. Avoid the surgical area for several days. When tooth brushing, take a large mouthful of water, roll head around (don't swish, just bathe) and let water and toothpaste FALL out of your mouth.

Fever

You may experience a low grade fever following surgery which is normal and should not be cause for alarm.

Stitches

If non-absorbing sutures have been placed, they must be removed by this office in 7 days. Avoid disturbing the sutures.

Contact our office

Call us promptly at **(203) 758-2116** if you have any questions or doubt regarding these instructions, or if you are experiencing difficulties. We are here for you.