

CLARK, DELANEY & NGUYEN

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INSTRUCTIONS FOLLOWING ORAL SURGERY

Care of the mouth after oral surgery has an important effect on healing. Swelling, discomfort and restricted jaw function are to be expected, so need not cause alarm. These may be minimized by the following instructions. Please read them carefully.

1. Maintain firm biting pressure on gauze for ONE hour, then discard. If bleeding recurs at any time, repeat this procedure every 30 minutes with the extra gauze provided. If bleeding persists bite on a moistened tea bag for 30 minutes. The tannic acid in the tea leaves helps to promote blood clotting. If bleeding does not slow down or stop by tomorrow morning please call the office for further instructions.
2. Do NOT rinse, spit or drink through straw for at least 24 hours. This may dislodge the blood clot and prevent proper healing. Avoid alcoholic beverages for 24 hours.
3. Do NOT smoke anything for at least 4 days. Smoking can lead to a very painful dry-socket/infection of the extraction site.
4. To help the healing process, try not to miss a meal following surgery. Nutrition is important. Drink plenty of water and eat a soft diet. Take all medication with an 8 oz. glass of water.
5. If swelling occurs, apply an ice bag to face over operated area for 20 minutes, take off for 5 to 10 minutes, then re-apply to area and continue this cycle for the first 4 hours after surgery.
6. Starting tomorrow morning, as long as the bleeding has stopped, rinse the surgical site with warm salt water (1 teaspoon of salt in a glass of warm water) after each meal and at bedtime. Continue for at least 7 days.
7. The teeth should be brushed as usual except for the operated area.
8. Avoid any strenuous physical activity for 24 hours. Exercise in the post-operative period may also result in increased bleeding, swelling and discomfort. Exercise should be avoided for 3-4 days following surgery.
9. For pain management, begin by taking 600 mg of Ibuprofen immediately when you get home before the anesthesia effects have worn out. Continue taking 600 mg of Ibuprofen every 6 hours as needed. If you have been prescribed a narcotic pain medication such as Hydrocodone, only fill out the prescription and use as directed if severe pain persists following the initial 600 mg of Ibuprofen. Do NOT take on an empty stomach. If pain continues or worsens past 5-7 days please call the office.

If you have any concerns or questions with bleeding or discomfort, please call us.

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