



After hours: (501)813-0062

Oral Surgery Post-Operative Instructions

Bleeding: Most oral surgical procedures involve incision/infection of soft tissue and sectioning and hard tissue. These procedures can be followed with varying degrees of discomfort, swelling, stiffness of the jaws, and blood. In order to minimize post-operative systems it is important to follow home care instructions as directed.

Pain: Pain response to oral surgery procedures varies with each individual and with the procedure completed. Start prescribed medication within 60 minutes after surgery not exceeding amount recommended found on label of the prescription. Do not drink alcohol, drive, smoke, work out, operate or lift any heavy machinery during this time. Depending on extraction, you may experience moderate pain up to 1 week. If severe pain persists after 3 days, contact our office.

Swelling and Stiffness: Icepacks should be applied to the involved sides of the face for at least 12 hours, alternating every 10 minutes. Swelling usually peaks at day 3. Heat can be used the first 24-48 hours after surgery, in conjunction with ice rotating every 10 min.

Nausea: Nausea may be due to one of the following and can be properly managed.

- a.** Medication: take with milk or food.
- b.** Swallowing of Blood: Avoid by keeping gauze in place.
- c.** Diet: If you can't eat, at least drink liquids to stay hydrated.

Liquid Diet: You may experience loss of appetite but staying Hydrated is imperative. Soft foods are recommended until area is completely healed. Sharp food, hot, spicy food, sticky, rice, cracker and chips are not recommended after oral surgery! Consider soft foods such as mashed potatoes, fruit salad, shakes, soups and eggs. Drink 6-8 ounce glasses of water, soup or juice a day.

Oral Hygiene: Due to incision and decreased mobility of the oral tissues after surgery, special care must be taken properly cleanse the mouth to promote normal healing. No rinsing or spitting should be done for the first hours. Start the next day, tooth brushing may be resumed, taking care to avoid the surgical sites. Rise mouth 4x daily with mild salt water. 1 cup warm water ½ tsp of salt for 1 week