



POST-OPERATIVE INSTRUCTIONS: GENERAL

Patients who have undergone IV sedation should be carefully attended to by a responsible family member or friend for at least 6 hours after leaving the office. The patient cannot drive for 24 hours or while taking narcotic pain medication.

Pain

Discomfort after oral surgery is normal. To best manage your discomfort, please take the prescribed pain medications on schedule per the directions provided. Staying on top of a regular schedule will best minimize discomfort after oral surgery. If you are still experiencing significant discomfort despite the medications, please contact our office.

Bleeding

Bleeding follows any surgical procedure and should not alarm you unless it is excessive or persistent. To control bleeding, we will place a gauze dressing over the extraction site(s) and have the patient apply firm pressure. This pressure will stop the bleeding.

- The gauze will need to be changed ONCE every hour for the first few hours after surgery. It will be important to ensure the gauze is placed directly over the extraction site and the patient has firm biting pressure applied.
- If the bleeding is brisk, place a tea bag under cold water and remove excess water. Place the tea bag over the extraction site and have the patient bite down on the tea bag for 30 minutes. The tannins in the tea will help stop bleeding more quickly.
- Remove the gauze or tea bags when eating or drinking to avoid choking.
- Make sure to remove all gauze and tea bags from the mouth before taking naps or going to bed.
- Once bleeding has stopped, remove all gauze and tea bags from the mouth. This will minimize the risk of choking.
- It may take 4-6 hours for bleeding to slow down.

Swelling & Discolorations

These are normal parts of the healing process and, unless extreme, are of no significant concern. Early application of ice can be helpful in decreasing the amount of swelling, which peaks 72 hours after surgery. Place an ice pack to the surgery side of your face in 20-minute intervals for the first 24-36 hours as you feel up to it. (You do not need to do this overnight.) Keep your head elevated on additional pillows. This will also help to reduce the severity of swelling. If at any time you have concerns, please contact our office.

Oral Hygiene

It is important to keep your mouth clean to reduce the risk of infection. Beginning the day after surgery, you can brush your teeth normally. If it is uncomfortable near the extraction site, use a dampened Q-tip® or gauze to wipe down the surgical site and adjacent teeth.

- Avoid electric toothbrushes until cleared to do so.
- Do not use toothpicks to remove food debris from the extraction site.
- Do not use a Waterpik® in the extraction site.
- You can gently rinse your mouth after 24 hours following your surgery with warm water. For those who prefer to use salt, use 1 tsp in 8-10 oz water.
- If prescribed an antibacterial mouth rinse, follow the instructions on the label.



dental implant &
oral surgery specialists

VAN NESS | WEST PORTAL | STONESTOWN | WESTBOROUGH

INFO@7X7ORALSURGERY.COM
WWW.7X7ORALSURGERY.COM

POST-OPERATIVE INSTRUCTIONS: GENERAL (CONT.)

Diet

For your comfort, start with clear, cool liquids after surgery. Your diet can advance as you feel up to it once the numbness wears off. Do not use a straw or drink carbonated beverages, and avoid alcohol for at least the first 3 days after surgery.

Tobacco

Please avoid all tobacco products for the first 72 hours after surgery. Nicotine adversely affects normal healing and increases your likelihood of developing a dry socket.

CALL THIS OFFICE REGARDING ANY CONCERN OR COMPLICATION. These can include but are not limited to a fever over 101.3 degrees F, discomfort not controlled by prescribed pain medications, prolonged or excessive bleeding, or excessive swelling.

It is our desire that your recovery is as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office.