

THE FOLLOWING WILL ASSIST YOU IN PROPERLY CARING FOR YOUR MOUTH DURING HEALING. PLEASE REMEMBER THAT SOME SWELLING, DISCOMFORT, AND RESTRICTED JAW OPENING AFTER SURGERY IS NORMAL AND THESE CONDITIONS ARE NOT CAUSE FOR ALARM.

ACTIVITY

Rest as much as possible and limit physical exertion for 2-3 days after surgery. Strenuous exercise should be avoided for one week. **Following general anesthesia do not drive for 18 hours.**

DISCOMFORT

The degree of postoperative discomfort will vary from person to person, with the complexity of the procedure, and with the passage of time. Your doctor has prescribed an appropriate medication which should be taken as directed. You may also use aspirin, ibuprofen, or Tylenol instead of your prescription, if you are accustomed to these medications. **WARNING- Do not drive, operate machinery, or consume alcoholic beverages after taking prescription narcotic medication.**

BLEEDING

It is not unusual to have minor, persistent or intermittent, bleeding for up to 24 hours following tooth extractions. Bite firmly on a gauze sponge placed directly over the extraction site for 30 minutes, then remove the gauze. This procedure may be repeated as needed. **Be sure to remove the gauze when eating, drinking or sleeping.** A tea bag moistened in warm water may be used in the same manner should the oozing continue. Avoid rinsing your mouth on the day of surgery as this may stimulate bleeding. When reclining, elevation of the head with 2 or 3 pillows (rather than lying flat) will help to minimize bleeding.

SMOKING

Smoking delays healing and increases the risk of complications. It is advisable to avoid smoking for several days following oral surgery.

SWELLING

Swelling after surgery is expected and usually increases slowly reaching its maximum in about 48 hours. To minimize the swelling and relieve discomfort, apply an ice pack to the face, over the area of surgery; 20 minutes on and 20 minutes off. After the first 48 hours you may apply moist heat to the outside of the face to help relax stiff muscles and reduce the swelling.

ORAL HYGIENE

Do not rinse your mouth or brush your teeth the day of surgery. Beginning the morning following surgery, you may brush and floss your teeth, avoiding the surgical site(s). Also, rinse your mouth with warm salt water (1 tsp of salt in an 8oz glass of water) 3-4 times a day, for 1 week.

DIET

You may eat immediately after surgery. A soft diet is recommended for at least the first 24-48 hours. Foods should be cold, room temperature, or lukewarm. You may progress to a normal diet when you feel comfortable chewing. **Avoid the use of a straw for 24 hours.** The following are examples of healthy "non-chew" foods:

Gatorade, All Sport
Juices
High Protein Milkshakes
Fruit Smoothies
Instant Breakfast
Yogurt
Oatmeal
Cottage Cheese
Pureed Vegetables

Scrambled Eggs
Bananas
Applesauce
Custard
Pudding
Jello
Soup
Pasta
Mashed Potatoes