

CARE OF MOUTH AFTER ORAL SURGERY

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

DESCRIPTION

Some bleeding, discomfort and swelling may occur in the next 24 hours during healing.

The proper care following oral surgical procedures will hasten recovery and prevent complications.

GENERAL MEASURES

Rinsing -- Don't rinse your mouth today. Tomorrow you may gently rinse your mouth using a quarter teaspoon of salt in a glass of warm water. Avoid vigorous swishing.

Brushing -- It is recommended to brush and floss the other areas of your mouth followed by gentle rinsing, not vigorous swishing. Do not poke at the extraction site, as you do not want to disturb or prevent the blood clot from forming at the site.

Reducing/preventing swelling -- Do not apply hot packs. Use an ice pack or chopped ice wrapped in a towel and apply to the outside of your face in the area of the oral surgery. This should be done alternating 15-20 minutes on with 15-20 minutes off for the first 4-5 hours, or until bedtime, but **NOT THE FOLLOWING DAY.**

Controlling bleeding -- Following oral surgery, some bleeding is to be expected. To control bleeding, you may place gauze pads over the area and bite down firmly for 30 minutes, or apply one-handed direct pressure over the gauze pad if your jaw tires and bleeding persists.

Additionally, do not lie down flat until the bleeding stops; you should prop yourself up keeping your head higher than your feet. Do not lie on the side where surgery was done for at least 24 hours to avoid swelling and continued bleeding.

THINGS TO AVOID

For the first 24-hour period, you should avoid:

- Drinking through a straw.
- Spitting
- Carbonated beverages

- Strenuous exercise or activity
- Rinsing mouth vigorously
- Smoking

MEDICATION

For mild to average pain, use any non-prescription medication, such as ibuprofen or acetaminophen.

Pain relievers, antibiotics, or other medications may be prescribed. If so, take as directed.

DIET

A light, soft, cool diet is advisable during the first 24 hours. As above, avoid carbonated drinks and avoid drinking through a straw.

NOTIFY OUR OFFICE IF ...

Small sharp bone fragments may work up through the gums during healing. These are not roots. If annoying, call us to return to this office for their simple removal.

Any unusual symptoms occur.