

**Audubon Dental Group 891-7471 After Hours: 457-2899**

**INSTRUCTIONS FOR CARE FOLLOWING ORAL SURGERY**

**ANESTHESIA**

The length of time you experience numbness varies depending on the type of anesthetic you received. While your mouth is numb, you should be careful not to bite your tongue, lip or cheek. The numbness should subside within a few hours.

**BLEEDING**

The gauze pack should be left in place for thirty (30) minutes. There may be some bleeding or oozing after the pack is removed. If so, fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and lace it directly on the surgery site. Apply moderate pressure by closing your teeth firmly over the pad for fifteen(15) minutes. If bleeding continues, substitute the gauze with a moist tea bag. The tannic acid in the tea will stop the bleeding. If the bleeding continues for more than 24 hours call dentist. Remember that a lot of saliva and a little blood can look like a lot of bleeding.

**MOUTH CARE**

After oral surgery, a blood clot forms in the tooth socket. *Do not smoke, rinse or drink through a straw for 24 hours.* These activities create suction in the mouth which could dislodge the clot and complicate healing. After 24 hours, brush and floss as usual and rinse three times daily with warm salt water for at least a week.

**SWELLING**

Swelling and sometimes bruises are common after surgery. The maximum swelling, pain and jaw stiffness normally occurs two or three days after surgery. Apply ice packs 15 minutes on and then fifteen minutes off until bedtime the day of surgery. This will keep swelling to a minimum. Keep your head elevated until bedtime. Moist heat after thirty-six (36) hours may help jaw soreness.

**PAIN**

Medication may be prescribed to control pain and to prevent infection. *Use it only as directed and never take it on an empty stomach.* If the medication prescribed does not seem to work for you, *do not increase the dosage.* If you have prolonged or severe pain, swelling, bleeding or fever, call your dentist.

**DIET**

It is important that you maintain good nutrition following surgery. Eat a lukewarm, soft diet the day of surgery. *Do not drink through a straw.* Eat whatever you can the day after surgery. Drink as much fluid as you can for three days following surgery.