



POST OPERATIVE INSTRUCTIONS

BLEEDING: Bite on gauze for 1 hour following surgery. During this time, there should be no eating or drinking. Do not use a straw or smoke for 48 hours as this could weaken the clot forming where the tooth was taken out. Continued oozing for a few days is normal.

PAIN: Pain medication should be taken before numbness of local anesthetic is gone. Repeat as needed. To avoid nausea take pain medication with milk or food. On a pain scale from 1 to 10, **pain to a 4 is expected.** In an effort to help with the Opioid Epidemic, it is rare narcotics will be prescribed. **Taking maximum safe levels of Ibuprofen and Tylenol together is both safe and recommended for the first few days.**

SWELLING: Swelling will occur over the first 48 hours and start to decrease after 5 days. Apply cold packs for the first and second day following surgery. Leave them in place 20 minutes and then remove for ten minutes. After 72 hours, hot packs may be used to diminish swelling.

RINSING MOUTH: On the day of Surgery, try not to rinse very much so clots developing can establish. The day following surgery, begin brushing your teeth and rinsing with warm salt water. (Mix ½ teaspoon salt in a large glass of water). Do not rinse with force, as this disturbs the clot.

DIET: Muscle soreness will require a soft diet for the first 48 hours; after that eat what is comfortable. Cool foods are best for the first 48 hours. Gently rinse after meals.

SUTURES: If sutures were used, they may loosen or come out before your follow-up appointment. If not, they will be removed at your follow-up appointment.

QUESTIONS: Feel free to call the office 24-7 with any questions. After hours calls to the main office number will forward to doctors personal cell phones.