



## POST-OPERATIVE INSTRUCTIONS

**IMMEDIATELY AFTER SURGERY:** Please leave gauze packs in for one half hour. Do not eat, drink, or spit during this time. **DO NOT DRINK** through a straw at all the first 24 hours; this is a critical period for the formation of a good blood clot. (If the above instructions are not followed the blood clot may dissolve which could end up being a dry socket.) **DO NOT SMOKE** in the first 24 hours. After a half hour you may have something to eat and then take your pain medication as directed.

**MEDICATION FOR PAIN:** 90% of your discomfort will occur in the first 24 hours. Nausea is a common side effect of the pain medication but can be controlled if you eat something before taking the pain medication and if you remain sitting or lying down, with your head elevated at about a 45-degree angle. If needed, pain medication can be taken every 2 hours, but always eat something first. After the first 24 hours the need for pain medication should be diminishing. If you develop increased pain in your ear, socket or neck after the first 48 hours please call our office. This may indicate a dry socket and needs to be treated to relieve the pain.

**MEDICATIONS FOR INFECTIONS:** you will need to take the antibiotics as instructed until they are finished up. We also advise eating a cup of activated culture yogurt daily as a way to help control side effects of antibiotics.

**SWELLING:** Most of the swelling will take place within the first 48 hours. It will stay about the same for the next 48 hours, and then it will decrease over the next 2-3 days. Ice packs wrapped in a towel may be applied to the outside of the face for approximately 10-15 minutes at a time.

**BLEEDING:** After the first hour if heavy bleeding persists, even though you have strictly followed the instructions, change your pack and place new gauze after the hour, then if bleeding still persists, apply a moistened tea bag and again bite down hard for one hour. If these efforts do not control the bleeding, please call our office. Oozing, which is slight intermittent bleeding is normal for up to two or three days and should not cause concern.

**ORAL HYGIENE:** After 24 hours, gently brush and rinse with warm slightly salty water at least twice a day, if you find that it helps. Otherwise, just brush.

**DIET:** A soft diet for the first 24 hours is recommended. e.g.: applesauce, yogurt, pudding, mashed potatoes or soup After that time you may eat whatever is comfortable for you.

**If you have any questions or problems please feel free to contact our office.**