

POSTOPERATIVE INSTRUCTIONS
Care of the Mouth Following
EXTRACTIONS AND ORAL SURGERY

General Instructions

For the first 24 hours following surgery you should be as inactive as possible. Use this day to care for your mouth. Follow these instructions carefully.

1. Keep the gauze firmly in place for 1 – 2 hours. Do not change the gauze unless dislodged. Frequent changing will only increase the bleeding.
2. Do not rinse the mouth or spit for 24 hours. After the first day, gentle rinsing with warm salt water (1/2 tsp salt per glass of water), and careful tooth brushing is important.
3. It is very important to eat whatever you feel comfortable with. Often mild liquids and soft foods are best.
 AVOID carbonated beverages
 AVOID straws
 AVOID “hot” liquids
Proper nourishment is important for healing. Do not miss any meals, and drink plenty of fluids. (Blood ingested on the stomach can cause upset.)
4. Do not smoke for 48 hours.
5. Take pain medication as prescribed. Follow instructions for all medications accurately.
6. Optional. Apply ice to the surgical area (30 minutes per hour) for 24 hours. Then, on the third day, apply moist heat packs to reduce swelling.
7. Return to our office as requested. If you have any complications, please call the office or doctor’s home at 785-668-2015.

You May Experience

1. DISCOMFORT
Some post-operative soreness and minor discomfort is normal. In the event the medicine prescribed for you does not provide adequate relief, please contact us at our office or at the home number listed.
2. SWELLING/BRUISING
This may be from a number of causes but is usually a natural reaction of the body to oral surgery. If the swelling is extensive, accompanied by pain and continues to increase after the second day, please contact the doctor.
3. BLEEDING
Often there is a slight oozing of blood which, when mixed with saliva, may appear to be excessive bleeding. Remain calm and treat by placing folded gauze, which was given to you, over the area. (Do not use absorbent cotton.) Close your jaws tightly upon the gauze for at least 1 – 2 hours. Do not become excited, but remain quiet with gauze in place.
4. STIFFNESS
This, like swelling is a natural reaction of your body to surgery, but you can help overcome the stiffness by opening your mouth very wide several times a day and applying moist heat to your jaw muscles.
5. NUMBNESS
You may notice a persisting numb sensation following surgery of the oral cavity. It is usually temporary in nature, and a normal feeling will return; however, it is important that this numb feeling be reported to the doctor.