
1. Protection of the blood clot and surgical site

Slight bleeding after this procedure is normal and may last for several hours. Bite on folded gauze directly over the bleeding area and replace as needed. If there is no active bleeding then leave the gauze out. Lay in a semi-reclined position. Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity or smoking for 48 hours. The blood clot is important for healing.

2. Rinsing

Rinsing may dislodge the blood clot and interrupt the normal process of healing. Carefully follow these steps in order.

Day 1 (Day of surgery - first 24 hours after surgery)
Do not rinse or brush your teeth. Do not spit.

Day 2 (24 - 48 hours after surgery)

- a. Brush your teeth, 2 times a day, be gentle around the extraction sites.
- b. Floss.
- c. Begin rinsing gently using a glass of warm salt water (1/2 teaspoon per cup). Repeat rinsing 4 or 5 times a day.
- d. Follow with chlorhexidine rinse until day 7.

Day 3

Same regiment as day 2, however begin rinsing more vigorously.

Day 4

- a. Same regiment as day 2, however now rinse with full force.
- b. Continue rinsing and cleaning in this manner for 30 days or until completely healed.

3. Care of teeth / Cleanliness and healing

The teeth should be given their usual care. Brush and floss two times a day. A clean mouth will heal faster.

4. Surgical Packing

Do not disturb the wound. If surgical packing was placed leave it alone. The pack helps to keep the tooth exposed. If it gets dislodged or falls out do not be alarmed just call to follow-up with the office.

5. Swelling / Fever

A cool pack placed on face will be beneficial to help control swelling. This should be used for a day or two. If extreme swelling occurs or a temperature above 101.5 contact our office.

6. Pain

Some discomfort is normal following oral surgery. If pain medication is prescribed, take only as directed. Often it is beneficial to take the medication after eating to help prevent nausea. Do not drive while using narcotic pain medications.

7. No Smoking or Alcohol

Do not smoke or drink alcohol for 48 hours following oral surgery. This may cause the disruption of healthy blood clot formation and increase in complications including dry sockets, prolonged healing, wound breakdown and post-operative infections.

8. Diet

No hot liquids, acidic foods or drinks for the first 24 hours. Eat something when you feel ready. Cool liquids are best to start but avoid sucking through straws. Then, when the numbness starts to wear off, progress to a soft diet but avoid chewing in the area of the surgery.

9. I.V. Injection site

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement. Take ibuprofen or aleve.

10. Sharp bony edges/ Dry sockets

You may feel hard, sharp areas on the surgical site. Leave it alone do not pick or scratch it.

11. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or take an additional anti-nausea medication.

12. Antibiotics and Contraception

Contraceptives may be ineffective while taking an antibiotic. Use extra protection if you have been prescribed an antibiotic.

13. Follow up with your orthodontist within one month, no later.

14. Molars

If molars were exposed & bracketed it may take time for the tooth to obtain a healthy position. Be diligent and carefully clean the area until the site is healthy (this may take a year or two in some cases).