

Post Operative Instructions Oral Surgery

Postoperative care is important following oral surgery, and recovery may be delayed if this is neglected. Some swelling, stiffness, and discomfort are to be expected after surgery. If this is excessive, please call or return for care.

The Day of Surgery:

Bleeding: a. Keep gauze pack in place for 1 hour with constant firm pressure.

b. Keep head elevated and rest quietly.

c. If bleeding persists, replace gauze for another hour.

d. Use an ice bag, 20 minutes on area and 20 minutes off for the remainder of day while awake. (Optional)

e. Some oozing of blood and discoloration of saliva is to be expected.

Pain: Take prescribed tablets for pain or, over-the-counter pain medication if none was prescribed.

Avoid: Until bleeding is controlled, avoid sucking through a straw, frequent spitting, rinsing, smoking or exercise, including heavy lifting.

Eating: It is important to eat after surgery to maintain your strength; use liquids freely and soft diet as tolerated.

From Second Day Until Healing Is Complete:

a. After meals, brush teeth and rinse with warm water with ½ teaspoon of salt.

b. Your regular diet may be soft or regular as tolerated.

c. Avoid use of ice bag.

d. Pain medication should usually require aspirin, ibuprofen, or acetaminophen only.

e. If you experience symptoms beyond normal, call or come in for evaluation.

If you have any problems or concerns, feel free to call 737-3521. If after hours there are instructions on the answering machine to contact the dentist on call

Thank you for choosing Joiner and Zwart Dentistry for your dental needs.

