



Oral Surgery Postoperative Instructions

Postoperative care is important following oral surgery, and recovery may be delayed if this is neglected. Some swelling, stiffness, and discomfort is to be expected after surgery. If this is excessive, please call our office, our team is happy to serve you.

1. **Bleeding:** Bite on gauze for one hour following surgery. During this time there should be no eating or drinking. Avoid sucking on a straw, frequent spitting, rinsing, smoking or exercising for at least 48 hours.
2. **Pain:** Pain medications should be taken before numbness from local anesthetic is gone. Take pain medications as prescribed. To avoid nausea, take pain medication with food and/or milk. If no pain medication was prescribed, take up to 800 mg of Ibuprofen (Motrin) every 4-6 hours.
3. **Swelling:** Swelling will occur over the first 48 hours and decrease after 5 days. Apply cold packs the first and second day following surgery. Leave them in place 20 minutes then remove for 20 minutes and repeat. After 72 hours hot packs may be used to diminish swelling. Please keep head elevated for 48 hours following surgery.
4. **Rinsing Mouth:** The day following surgery, begin brushing your teeth and rinsing your mouth with warm salt water, (mix ½ teaspoon of salt in a large glass of warm water). Rinse 4-5 times per day until swelling and soreness subside. Do not rinse with force, as this may disturb the blood clot.
5. **Diet:** Muscle soreness will require a soft diet for the first 48 hours; after that eat what is comfortable for you. Please rinse gently following meals. Cool food is best for the first 48 hours to prevent bleeding.
6. **Sutures:** sutures will dissolve by themselves and may loosen or come out prior to your next appointment. Don't be alarmed, this is normal.
7. **Appointment:** An appointment may be needed for a post-operative visit approximately one week following surgery.
8. **Emergency:** Please contact our office if you have any questions or concerns. If it is after hours you may contact Dr. Anderson at 801-309-1477