

# Instructions Following Extractions or Minor Oral Surgery

## Bleeding

Expect some bleeding or oozing for up to 8 hours after surgery as the blood clot forms. This may vary for each individual. Don't be alarmed; a little blood mixed with saliva can seem like a lot. Replace the gauze

## Swelling

Expect swelling to occur during the normal healing process. To reduce the amount of swelling, ice packs applied to the face are effective for the first 24 hours. Place the ice packs around the face for 30 minutes, then remove for the next 30 minutes. (Be sure to wrap the ice packs in a protective towel to avoid burning the skin)

## Pain

Pain for several days following the surgery can be expected and is normal. As with the swelling, the pain will increase for the first 48 to 72 hours, then begin to subside. Pain medication should be taken as prescribed by the doctor. If you are normally able to tolerate Ibuprofen, an adult may take up to 800 mg every 6 hours to help with the break-through pain and swelling. Avoid driving, exercising, working and general decision making while taking narcotic medications. Taking any pain medicine on an empty stomach may upset your stomach and cause nausea and/or vomiting.

## Diet

While numb (up to 5-8 hours) softer foods should be eaten. Examples include soup, pudding and ice cream. Follow your regular diet as tolerated after numbness has worn off. Drink plenty of fluids, but avoid the use of a straw for 4 days. It is important to prevent disturbing the blood clot that has formed.

## Hygiene

Do not rinse your mouth until the clotting is complete (bleeding stops). After 24 hours, gentle rinsing with warm salt water 6 times a day is necessary for healing and will soothe and decrease swelling. Begin rinsing the lower sockets with syringe two full days after surgery. Fill syringe with salt water, place tip of syringe in socket and gently rinse. The sockets fill in from the bottom up and take 4-6 weeks to fill in. Continue the salt water rinses until the sockets fill in. Brush your teeth gently with a toothbrush the first day following the surgery.

## Smoking/Exercising

Absolutely no smoking for at least 4 days following surgery to prevent disturbing the healing process. Avoid vigorous exercising and heavy lifting for up to 3 days, or longer if instructed by your doctor.

## Post Operative Instructions

Written by Administrator

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### **Bruising**

There may be some discoloration of the skin during healing. First, you may notice a black-blue color w may then turn yellow. It will disappear in a few days.