



Post-Operative Instructions For Oral Surgery

Activity

- Rest for the remainder of the day and avoid strenuous activity for 48-72 hours
- Avoid laying flat and sleep with your head elevated for the next 2 days
- Do not use straws or smoke for at least 1 week
- If you received IV sedation:
 - Do NOT drive, operate heavy equipment, use power tools, or sign legal documents for the next 24 hours

Bleeding

- Bite firmly on gauze for 30 minutes then remove and check the area
 - If bleeding persists, place a new gauze, apply pressure and recheck in an hour
 - Once bleeding has stopped, you do not need to replace the gauze
- Mild oozing is normal for the first 24 hours, you may notice bloody saliva for a few days

Stitches

- Stitches usually dissolve on their own between 2-14 days, unless told otherwise
- Do not pull or pick at them
- If they cause discomfort, contact the office

Swelling

- Swelling is normal and will peak on days 2 and 3, then gradually improve
- Use ice packs for the first 24 hours on each side alternating every 30 minutes
- If you have dentures or a prosthesis, do not remove them, as they help control swelling

Pain Management

- Pain may increase over the first few days, with peak discomfort on days 2 and 3
- Begin taking Ibuprofen / Acetaminophen within 2-3 hours after surgery
 - Alternate Ibuprofen / Acetaminophen every 3 hours for the next 3-4 days to help manage pain and swelling
- For severe pain, take the narcotic pain medication instead of Acetaminophen
 - Do not take Tylenol (Acetaminophen) at the same time or within six hours of taking a narcotic with acetaminophen
 - Do not drive or operate machinery while taking narcotic pain medication as it impairs judgement
- Always take pain medication with food to prevent nausea

Patient Initials: _____



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Antibiotics

- Take antibiotics as instructed on your prescription
- Antibiotics can render birth control ineffective

Diet

- Stick to cold and soft foods on the day of surgery. Maintain a soft diet for 1-2 weeks
 - Yogurt, pudding, applesauce, milkshakes, lukewarm soup, mashed potatoes, etc.
- Avoid crunchy foods (Chips, seeds, nuts, granola, popcorn) for 2 weeks
- Avoid hot foods and drinks for 24 hours, as they can increase bleeding and burn you
- Avoid alcohol for 24 hours after surgery or while taking pain medication and antibiotics
- Drink plenty of fluids, NO STRAW

Oral Hygiene

- Do not rinse or brush your teeth today. Starting tomorrow, gently rinse with the prescribed antibacterial mouth rinse 2-3 times a day for 1-2 weeks.
- Gently brush your teeth, avoiding the surgical site, unless otherwise directed by your doctor
- Starting 3 days after surgery, if you were given a curved-tip syringe, fill it with the mouth rinse or warm salt water to flush the surgical sites after eating
- Do not vigorously rinse, swish, or spit for one week
- If Bone Graft is placed:
 - Do not brush the surgical site for the first 7-10 days
 - You can gently brush the rest of the mouth
 - Small particles of graft material may occasionally be noticed in your mouth – This is normal

Sinus Precaution

- Upper back molar extractions are close to the sinus and may create a small opening
 - Avoid blowing your nose, using straws, forceful spotting, or creating pressure in your mouth
 - Sneeze with your mouth open and follow all post-op instructions carefully
- Follow these sinus precautions if you had an upper molar extraction or were specifically advised to do so for 4-6 weeks following surgery

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