



Post-Surgery Instructions

Healing following surgery in your mouth is usually fast and uncomplicated, if you follow the directions below:

1. Gently **bite on gauze sponges for 30 minutes after the surgery** to encourage the bleeding to clot. Replace the sponges with new water-moistened gauze sponges for another 30 minutes if fresh, red blood is present. If bleeding continues after this time, bite on a teabag for 30 minutes. If you are still bleeding, please contact our office.
2. Do not drink or eat **hot** foods today, as you may dissolve or loosen the blood clot. Eat cool, soft, nutritious foods today.
3. **Do not “suck”** on the wound site **or do any spitting** for the next few days. You may disturb the blood clot, causing bleeding, slow healing, and/or bone pain often called a “dry socket.”
4. Do not eat hard or sharp foods (such as nuts or chips) for a few days in the part of your mouth where the surgery was accomplished. You could disturb the healing.
5. Do not overexert yourself during the next 24 hours. Increased blood pressure/heart rate can disturb the clot.
6. If pain persists after several days, please contact us for instructions.

The points checked off below apply to you:

Sutures (stitches):

- a. Were not placed.
- b. Were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks.
- c. Were placed. You need an appointment in about 7 days to have the stitches removed.

Pain:

- a. You have been given a prescription for pain. Please get the prescription filled and take the medication as directed.
- b. You have not been given a prescription for pain. If you have pain, take 3-4 Ibuprofen (200mg tablets) combined with Tylenol 500mg. You may find these in any pharmacy without a prescription. It may be best to take the first dose prior to the numbness wearing off.

Antibiotic:

- a. You have not been given an antibiotic. It does not appear you will need antibiotic therapy.
- b. You have been given a prescription for an antibiotic. Please take the medication as directed until all the tablets are gone.

Cold Application:

- a. Not necessary for your surgery.
- b. Use cold packs (ice in plastic bags) on the outside of your face near the surgery site for two hours when you arrive home. Usually alternating 10 minutes on the face and 10 minutes off for an hour is adequate. I have read and understand the above information.