

Prairie Street Family Dentistry
Dr. Tod Lovan
2735 Prairie Street
Elkhart, IN 46517
(574) 294-7134

Post-Operative Oral Surgery Instructions

Care of the mouth following a surgical procedure is essential in the healing process. Please expect a certain amount of swelling, stiffness, discoloration, discomfort, and bleeding. If the problems become excessive call our office at 294-7134.

TODAY

Bleeding: Bite on the cotton gauze for about an hour using constant light pressure. Some bleeding and oozing is to be expected for several hours. Avoid spitting, rinsing, and use of a straw (sucking) in the area as they may provoke bleeding. If bleeding is more than slight; use sterile gauze or a moistened tea bag over the area and again apply firm pressure for 60 minutes.

Discomfort: If a prescription was given, use as directed. The prescription should be filled promptly and taken exactly as directed before the local anesthesia (numbing) wears off. Do not take pain medication on an empty stomach as it may cause nausea. Avoid driving or operating hazardous machinery while taking pain medication. If a prescription was not given, over-the-counter medications (Tylenol or Advil) can be taken as directed.

Swelling: Some degree of swelling is normal and can be minimized with the use of ice or cold packs applied to the face at the extraction site for 15-20 minutes and then removed for 15-20 minutes. This should be done for about 3 hours. Maximum swelling will occur about the second or third post-operative day and then slowly recede.

Diet: Drink cold liquids the day of surgery. A soft or liquid diet is recommended for the first few days following surgery. Until the local anesthetic (numbness) wears off, be careful to prevent biting the lips, tongue, or cheek.

Care of Mouth: Do not rinse your mouth for 24 hours after surgery. After the first 24 hours, begin gentle warm salt water rinses for one week and resume gentle brushing of remaining teeth. Avoid use of alcohol, smoking or carbonated drinks for 24-48 hours after surgery. This may interfere with clot formation and slow the healing process.

Note: Antibiotics may decrease the effectiveness of birth control medications. Additional methods of birth control should be used while on antibiotics.

If any problems arise or if you have any questions, do not hesitate to call our office at 294-7134.