



INSTRUCTIONS FOLLOWING EXTRACTIONS OR OTHER SURGICAL PROCEDURES LOCAL ANESTHESIA

Now that your oral surgery has been completed, follow these procedures to make yourself comfortable, promote healing, and help prevent any possible complications.

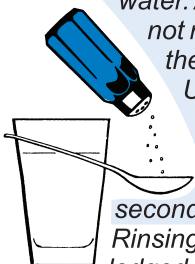
- **No spitting, rinsing, or sucking thru a straw the day of surgery. If you cannot swallow, gently wipe mouth out with gauze.**
- **No smoking for one week (7 days)**
- **Resume gentle brushing tomorrow.**

First half hour: Make sure the gauze remains in place. Do not touch it with your tongue or fingers.

When you get home: 30 minutes after surgery, wash hands thoroughly and remove gauze. Apply an ice bag or cold towel to your cheek or jaw - 20 minutes on and 20 minutes off for 48 hours. After 48 hours, a heating pad or hot water bottle may be used once or twice a day for 30 - 45 minutes. This will help with healing and alleviate the tightness in the jaw.



The day after surgery: Dissolve exactly one level teaspoonful of salt in an 8-ounce glass of warm (not hot) water. Allow water to remain in your mouth, but do not rinse vigorously because this may dislodge the blood clot and possibly delay healing. Use the entire glass of solution for rinsing. If wound is in the lower jaw, tilt your head back and to the side. If in the upper jaw, use gentle force and hold it for at least 30 seconds. Rinse three times a day for five days. Rinsing flushes away food particles which may be lodged around the surgery site.



Sharp bony edges: If you feel something hard when you place your tongue on the surgical site, you may think it is part of the tooth. This is the hard, bony wall which originally supported the tooth. Leave it alone and it will heal nicely.



Oozing: A little bleeding or oozing is normal. If simple bleeding continues after you have removed the gauze, it can be controlled by simple pressure. Apply to surgery area a roll of gauze about one inch thick, or large enough so you can

apply light pressure when the mouth is closed. Do this for about twenty minutes and repeat if necessary.

SWELLING: Post operative swelling is expected and will peak two days (48 hours) after surgery.

Persistent bleeding: Soak a small piece of gauze in strong tea and place it firmly on the bleeding area. On top of this, place another gauze pad and apply pressure by bringing the teeth together. Or simply bite on a moistened tea bag wrapped in gauze for twenty minutes. Apply an ice bag or cold towel compress to the cheek and lie down with your head elevated on three pillows. **Do not rinse until bleeding has stopped.**

Diet: A nutritionally balanced diet is very important. During the first 24 hours, eat soups and soft foods which are easily swallowed. Gradually progress to solid food. Don't skip meals. If you take nourishment regularly, you'll feel better, gain strength, have less discomfort and heal faster. Take any prescribed food supplement as directed. If you are a diabetic, maintain your normal diet and take medication as usual.

Pain: Some discomfort may be experienced following oral surgical procedures: Two Tylenol or 2-3 Ibuprofen tablets every four hours will usually relieve the pain. If we feel that something more potent will be needed, we will prescribe it before you leave the office. If you are given prescriptions, be sure to have them filled and take as directed. If pain persists, call our office.

Return Date _____