

CARE FOLLOWING ORAL SURGERY

BLEEDING

Bleeding for a number of hours following oral surgery is not abnormal. Blood tinged saliva may be seen for about 24 hours. The gauze pad that has been placed in your mouth should be replaced every 30 minutes until the bleeding has stopped. Change the packs more frequently if they become saturated with blood. If more gauze is required than we have given you, they are readily available in supermarkets and drug stores. If after 3 hours active bleeding is present, bite on a warm soaked tea bag wrapped in gauze for 30 minutes. Rest today and keep your head slightly elevated if lying down. Do not engage in physical activity since this may promote bleeding.

EATING

It is important to get adequate nutrition after surgery to help the healing process. After bleeding has been controlled you may eat if you desire. Plenty of liquids and a soft diet are desirable. Do not drink through a straw.

RINSING AND BRUSHING

Do not rinse or spit for the first 24 hours, as this will contribute to clot dislodgement and dry sockets. After 24 hours you may rinse with warm salt water (1/2 teaspoon of table salt in an 8 ounce glass of water) every few hours. Continue warm salt water rinses until healing is complete. Starting the day after the procedure, carefully brush and floss areas of the mouth not involved with surgery.

ICE PACKS

To minimize swelling which will occur over the next few days, ice packs should be applied on the sides of your face adjacent to the surgical sites. Apply for periods of 20 minutes on and 20 minutes off for the first day. Face and neck discoloration sometimes occurs in the few days following the procedure. Frequent heat packs and massages will hasten the resolution of this.

SUTURES

If dissolvable stitches have been used at the surgical site, they will come out on their own in 3-4 days. If non-dissolvable stitches have been used at the surgical site, you will need to return in about 1 week to have them removed.

PAIN

A certain amount of discomfort following oral surgery is not uncommon. Sometimes a long acting local anesthetic is used, which will prolong numbness and pain relief or up to 12 hours. Use over the counter medications first, and take them before the anesthetic wears off. If you have been given a prescription, please use it as directed, and only if necessary.

UNFORESEEN COMPLICATIONS

If you suspect any problems with the normal course of healing please do not hesitate to call Dr. Lally immediately. We try to do everything we can to make your surgery as painless and uneventful as possible. Your attention to these directions is vital to an uneventful recovery.