

POST OPERATIVE INSTRUCTIONS

Oral Sedation

While taking prescribed medication for oral sedation, do not drive for 24 hours and/or operate any machinery. A responsible person must be with you to provide care for 24 hours following your surgery.

Bleeding

For the first 2 hours after your surgery, gauze should remain in place. Apply firm pressure in order to control oozing. If oozing persists, continue using moistened gauze and checking gauze every 20 minutes. If you do not have any gauze, moisten a plain tea bag and place it over the area of the extraction site. Bite down with firm pressure and check every 20 minutes until the oozing subsides. Minor oozing may occur after the first 24 hours, continue using gauze or tea bags as needed. Remove the gauze when eating or drinking. While using gauze pads, talking should be kept to a minimal. **Do not smoke for up to three days, smoking may impair healing and will cause additional pain.**

Swelling

An ice pack will be provided after your surgery. Apply ice to the cheek area of the extraction site. Alternate sides, 20 minutes on and 20 minutes off for the first day. A bag with ice or a bag of frozen peas can be used. **DO NOT USE ICE AFTER 24 HOURS.** On the second day following surgery, begin using moist heat or a heating pad to help reduce swelling and jaw stiffness, heat should alternate sides, 20 minutes on and 20 minutes off.

Oral Hygiene

Do not rinse or gargle and avoid spitting for the first 24 hours. Rinsing may dislodge the blood clot and may delay healing. On the second day, begin rinsing with warm salt water (8 oz glass of warm water and a teaspoon of salt). You may resume brushing around the areas of extraction on the second day after surgery.

Exercise

Avoid any exercise for the first 48 hours after your surgery. We recommend getting plenty of rest and keeping your head elevated using one or two pillows when lying down. Do not go swimming or get in ocean water for one week.

Diet

We recommend eating a light breakfast or lunch prior to surgery. A balanced diet is very important. We recommend a soft food diet for the first 2-3 days, foods such as soups, yogurt, blended foods and plenty of clear fluids. In order to avoid a possible dry socket, **DO NOT DRINK THROUGH A STRAW.** Do not eat or drink grapefruit prior to surgery.

RX

Take all medications according to the instructions on the label. Please notify the office if you are taking any antibiotics or St. Johns Wort prior to your surgery. If any problems should occur or you have any questions regarding your dental health, please do not hesitate to call our office at (760) 479-9898 or page Dr. McElroy at (760) 505-9343. We will be glad to assist you.

Patient Signature: _____ Date: _____

Parent/Legal Guardian: _____ Date: _____

