

Post-Operative Care for Oral Surgery

Bleeding Control

Leave any gauze pads in place for approximately two hours and replace as needed. It will take 12 to 24 hours for the bleeding to stop. A small amount of oozing is normal during the first day. Elevate your head on two pillows or sit in a semi-reclined position the first evening. Avoid spitting and drinking through a straw the first few days. If bleeding is excessive, place a roll of clean, moistened gauze over the site and keep firm pressure for 30 minutes.

Pain and Infection Control

Take all medications as prescribed. Take your first pain medication before the numbness wears off completely, approximately two hours after surgery. Then take the medication as needed. Usually, Ibuprofen, Tylenol or Aspirin will relieve most surgical soreness the following day. **Do not drive or operate machinery if taking prescription paid medications.**

Swelling Control and Ice

Apply an ice pack to your jaw on the side of surgery. Rotate sides if surgery was done on both sides of your mouth with 30 minutes per side. **Swelling takes three days to peak** so don't be alarmed if your jaw is puffy two to three days after oral surgery. Ice is good for the first three days. You can switch to a heat pack starting on the fourth day.

Diet

A soft diet is recommended. Avoid chewing while your mouth is numb. Stiffness of your jaw is normal after surgery. It will take three to five days for most stiffness to resolve, so adhere to a soft diet the first few days and increase your chewing as the stiffness subsides.

Oral Hygiene

The day after surgery, start salt water rinses over the surgery site. A mixture of ½ teaspoon of salt in an 8-ounce glass of warm water will make a good rinse. Rinse after each meal, if possible. Brush your teeth gently near the surgery site and brush the other areas normally. Begin using a curved syringe after your surgery to gently irrigate the extraction site with warm water. **Do not place syringe tip into socket.**

Smoking

Avoid smoking for a minimum of two days and preferably for the entire healing period. If pain or unusual symptoms appear three to four days after surgery, you may be developing a dry socket. If you feel a dry socket occurring, please call the office at 503-646-2273.

Rest

Avoid excess exercise or heavy lifting for at least one to two days after surgery. Drink plenty of fluids and rest as needed.

Nausea

Nausea is rare after oral surgery. If you had an empty stomach before surgery, please drink something within the first few hours to prevent nausea from the medications or blood in your stomach. Carbonated drinks (Sprite, Coke, or Ginger-Ale) can help alleviate nausea.

AO Gel

Apply a pea-sized amount of the AO gel along the suture line 3-5 times a day for two weeks. This is a natural, antioxidant healing gel that helps promote healing.

Arnica Bruise Cream

Apply bruise cream to neck and cheeks up to three times a day for three days prior to surgery and a week after surgery to minimize bruising and swelling.