



## **POST OPERATIVE INSTRUCTIONS**

### **BLEEDING:**

- Keep gauze pack in place for two hours with constant, firm biting pressure.
- Do not suck or spit excessively for 24 hours after surgery.
- If bleeding persists, remove gauze from paper pack, fold and place over bleeding area and exert firm pressure on gauze by biting your teeth together for one hour. You may use a moistened black tea bag as an alternative.
- Some oozing and discoloration of saliva is normal.

### **RINSING**

**For all patients**, use warm salt water (1/2 teaspoon salt dissolved in 8 ounces of warm water) **after every meal for 1 week**. Rinse for 30 seconds with 15ml of Peridex 2 times a day (morning and night after meals). Use Peridex **only** during the first week of healing.

### **BRUSHING**

Brush your teeth gently, but avoid the area of surgery for the first 24 hours.

**DO NOT** smoke during the first 2 weeks after surgery.

### **ANTIBIOTICS**

**Along with pain medication, you *may* be prescribed antibiotics as indicated by the procedure. Take the antibiotics as prescribed until the entire prescription is completed. Narcotics will not be refilled.**

### **SUTURES**

- Sutures that dissolve should fall out within 2-7 days.
- Non-dissolvable sutures will be removed at your 2 -3 week follow up visit.

### **SWELLING**

It is normal to swell. Swelling is greatest 2-3 days after surgery, and may remain for an additional 3 days before it starts to resolve.

- Immediately after surgery, place ice packs over the area.
- Leave the pack on for 20 minutes and then off for 20 minutes for the rest of the day.
- After the first 24 hours, it is not necessary to continue cold packs.

### **POSSIBLE COMPLICATIONS**

- Other teeth on the same side may ache temporarily.
- You may have a sore throat or earache for a few days.
- Numbness of the lower lip may persist on the same side as the surgery. Mention this at your post-operative visit.
- There may be a "hole" in your gum after surgery. This is the tooth socket. It will fill in with time. Rinse and brush your teeth after meals to keep it clean.

**Please note:** Questions regarding prescriptions or pain medications can **ONLY** be processed during business hours.

Monday-Thursday: 8am-5pm Friday: 8am-1pm

**IF YOU ARE EXPERIENCING A LIFE-THREATENING EMERGENCY, PLEASE CALL 911**