

# Post-Operative Instructions for Surgery

**Day 1:** Continue biting on the gauze for 60 minutes following your procedure. Do NOT spit, rinse, use a straw, smoke/vape, or drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed. The goal is to keep blood clot in the socket to prevent bleeding and a painful complication known as DRY SOCKET.

**Day 2:** You just had surgery, so it is normal to experience one or more of the following symptoms: pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy. No exercise, spitting, drinking out of a straw, alcohol, or smoking/vaping.

- Oral hygiene: Brush gently. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty out of your mouth. The corners of your mouth may become cracked and dry – moisturize frequently.
- Discomfort: We usually recommend **600 mg Ibuprofen** (Motrin/Advil) **every 6 hours for the first 3-5 days**. If the pain is severe, you can add **500 mg Acetaminophen** (Extra Strength Tylenol) at the same time. If you were prescribed other medications or received specific instructions, please take as directed.
- Swelling: Swelling and bruising on your face and neck is common. Apply cold compresses to affected area in 15-minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to go down within 72 hours; call the office if there is no change or an increase in swelling after that point.
- Bleeding: Some oozing of blood is normal for the first 24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for one hour and keep your head elevated. Call the office if the bleeding continues.
- Diet: Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta. Avoid spicy foods or crumbly foods that can get caught in the area (like chips, peanuts, bacon bits, etc). It is normal to have a little tenderness while chewing and difficulty opening wide.
- Stitches: If you have received sutures, avoid playing with them. Most stitches will dissolve in 7-10 days unless indicated otherwise.
- Prescriptions: If you have been prescribed antibiotics, take them as directed until they are all gone, even if symptoms are gone. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed, take as directed.

In case of any post-surgical problems, please call the office at **(804) 541-1896**.