

Post-Surgery Instructions

Healing following surgery in your mouth is usually fast and uncomplicated, if you follow the directions below:

1. Gently bite on gauze sponges for 30 minutes after the surgery to encourage the bleeding to clot. Replace the sponges with new water-moistened gauze sponges for another 30 minutes if fresh, red blood is present. If bleeding continues after this time, bite on a teabag for 30 minutes. If you are still bleeding, please contact our office.
2. **Please refrain from smoking!!!!** It reduces healing ability and increases the chance of dry socket which could lead to additional office visits and charges.
3. Do not drink or eat hot, hard, or crunchy foods today, as you may dissolve or loosen the blood clot. Eat cool, soft, nutritious foods today.
4. Do not “suck” on the wound site for the next few days. You may disturb the blood clot, causing bleeding, slow healing, and/or bone pain often called a “dry socket.”
5. Do not eat hard foods for a few days in the part of your mouth where the surgery was accomplished. You could disturb the healing.
6. Do not overexert yourself during the next 24 hours.
7. Do not irrigate or use waterpik for 7 days, unless you are instructed to do so by the Doctor.
8. No spitting, drinking through a straw, or carbonated beverages for 5 days.
9. If pain persists after several days, please contact us for instructions

THE POINTS CHECKED OFF BELOW APPLY TO YOU:

1. Sutures (stitches):

- a. _____ A. We're not placed.
- b. _____ B. Were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks.

2. Pain:

- a. _____ A. You have not been given a prescription for pain. You should not experience discomfort. Take aspirin or Tylenol for mild discomfort that may come in about two hours from now. If the pain is more than these drugs can control, please call us, and we will phone a prescription to your nearest pharmacy.
- b. _____ B. You have been given a prescription for pain. You may elect to try to control the discomfort with aspirin or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled and take the medication as directed.

3. Antibiotic:

- a. _____ A. You have not been given an antibiotic. It does not appear you will need antibiotic therapy.
- b. _____ B. You have been given a prescription for an antibiotic. Please take the medication as directed until all the tablets are gone.

4. Vitamins to promote healing:

- a. Vitamin C 1000 mg 2x daily
- b. Vitamin E 400 IU 2x daily
- c. Zinc 60mg

In 24 hours you may use warm salt water/baking soda rinses every three to 4 hours to aid in healing. You should be healed from this surgery very soon. Please call us if any questions arise.