



POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY PATIENTS

1. **BLEEDING** - Your bleeding should essentially be stopped by the time you get home. After you get home and take out the gauze, it is usually not necessary to place more gauze in your mouth unless there is still bright red blood running out or if you are spitting out blood clots. To have blood present when you spit, or to have your saliva look bright pink is normal for the first day following extraction. If you do require the placement of more gauze, be sure it is directly over where the tooth or teeth were and be sure you bite with considerable force (it will probably be a little sore if you are biting hard enough). Leave this second gauze in for 30 minutes while you are resting and biting. You should avoid falling asleep with the gauze in place because the gauze will act like the wick on a candle and keep drawing the blood out of the extraction site. Failure to bite hard enough will also cause the gauze to act like a wick.
2. **INFECTION** – The best way to prevent infection is to keep your mouth clean. This should be done by brushing your teeth in your usual manner after each time you eat.
3. **PAIN** – Pain may be the most severe the first day, and then diminish each day thereafter. Pain that goes away after two or three days, especially if you have had wisdom teeth removed, and then comes back is not normal. If that happens to you, please call Dr. Schofield immediately. This is an easy problem for us to treat if you will just let us know.
4. **SWELLING** – Swelling, if it occurs, is usually the result of the surgical procedure, and not from infection. This is true if the swelling is present the day following surgery. This swelling should begin to go away about the third day following the operation. If you have no swelling for 2-3 days and then suddenly swell up, or if your swelling is still present 5-6 days following surgery, this may represent the development of an infection, and Dr. Schofield should be notified.

5. **EATING** – On the day of surgery, keep your diet soft. Starting the day after your surgery, eat as well as you can, even if it means relying entirely on liquids. A well balanced diet is essential to rapid healing. If specific instructions given to you by Dr. Schofield are different than what it says here, follow Dr. Schofield's specific diet instructions.
6. **MEDICATIONS** - If medications have been ordered for you, take them as directed on the label with a full glass of liquid. Most medications are best taken with food in the stomach unless specifically told not to do so on the label instructions. Pain medications especially should not be taken on an empty stomach. You should not drink alcohol, drive a motor vehicle or work around any machinery when taking pain medications.
7. **DO's** – You may use an ice bag to reduce discomfort, swelling and possible bleeding the first twelve hours following surgery. Do not leave it against the skin for more than 15 minutes at a time (you could frostbite your cheeks). You may rinse and soak the area with mouthfuls of warm water each hour for 4 or 5 minutes in a row. Do not start these rinses until 6 hours following your surgery. You may gently massage the area where the teeth came out with a clean finger beginning the day following surgery.
8. **DONT'S** – Avoid vigorous rinsing, sucking on the wound, frequent spitting, smoking and exercising until all bleeding has stopped. If you received sedation for your surgery, do not drive or return to work or school the day of your surgery.
9. **NOTE** – Expect moderate discomfort (even with the pain medication), some swelling and some minor oozing of blood for the immediate 24 hours following surgery. However, if severe pain, swelling, or bleeding occurs, please call us.