

# POST ORAL SURGERY INSTRUCTIONS



## IN CASE OF BLEEDING:

Bite down with consistent pressure on gauze. Change every 45 minutes with moist gauze until bleeding stops. Slight oozing is normal for the first 24 hours and shouldn't concern you. Remember, a little blood mixed with a lot of saliva looks like a lot of blood. Biting on a moist tea bag or ice cube may also control bleeding.

## PAIN OR DISCOMFORT:

Following surgery, the anesthetic that is used will continue to make your mouth numb for 3-8 hours. When home, take one of the prescribed analgesics (usually ibuprofen 800mg) and one of your antibiotics, if given. These meds can be taken together. The greatest amount of inflammation/pain typically occurs over days 2-6 after surgery. If medications are appropriately taken, inflammation and pain can be significantly reduced. **STAY AHEAD OF THE PAIN** with your medications. If you notice that the prescribed medications are making you nauseous or sick, discontinue use and notify the dentist for further recommendations. Cold packs can be placed on cheeks close to the surgery sites: 30 minutes on, 30 minutes off.

## DIETARY RECOMMENDATIONS:

Eat healthy soft foods and stay well hydrated. This will contribute to good healing. Common sense is advised: if it hurts, don't eat it. Avoid alcohol at all times while taking your prescribed pain medication. Maintain abstinence from tobacco, carbonated drinks, and excessively hot liquids for the first week following surgery.

## ACTIVITY/WEIGHTLIFTING:

Your first priority right now is to rest and recover. Limit activity for the first 3-7 days following surgery (especially no heavy lifting, running, or strenuous activity). You may slowly resume regular activity after the first week.

## PROTECT THE SURGERY SITES:

No smoking, spitting or sucking on a straw. Rinse very gently, no hard swishing. Please brush your teeth and tongue at least twice a day.

## IV SEDATION PATIENTS:

During your surgery today, you were given medication that helped you relax. The full effect of these medications take some time to completely leave your system and can have a lingering effect on your mind. **THE SAME IS TRUE FOR ANY NARCOTIC PAIN MEDICATION.** Therefore, for the 24 hours following you sedation or ingestion of narcotic medication, **DO NOT** drive a vehicle, make any important decisions, sign important paperwork, use a firearm, or drink alcoholic beverages. Your escort is advised to stay with you for at least 6 hours following surgery. If there are stairs in the home, the escort should assist you while walking up and down. The vein in which the IV was placed may become sore or hard. The application of warm, moist heat should help. If the area becomes red, swollen, or painful, please call your dental provider for evaluation.

## BEGINNING TOMORROW:

Brush your teeth and rinse with 0.12% Chlorhexidine or salt water twice per day, gently

## SYMPTOMS TO REPORT TO YOUR DOCTOR IMMEDIATELY:

- Temperature greater than 101.5 degrees – after first 5 days
- Increasing pain or pain that does not resolve with medication after the first week.
- Persistent or recurrent nausea and vomiting after the day of surgery.
- Bleeding beyond what your doctor told you to expect.

**IF YOU HAVE QUESTIONS, PLEASE FEEL FREE TO CONTACT YOUR PROVIDER:**

**Dr. Nathan Minter, D.M.D**

**330-662-5454**



2694 Easton St NE | Canton, OH 44721

**330.662.5454**

[minterdentistry.com](http://minterdentistry.com)