



LAKESIDE ORAL SURGERY

Lester L. Cowden III, DDS & Emily M. Frye, DDS

POST-OPERATIVE INSTRUCTIONS

- Bleeding is expected following surgery. Pressure helps to reduce bleeding and permits formation of a clot in the tooth socket. To control bleeding, keep steady pressure on the area by biting firmly on the moistened gauze for one hour. If bleeding persists, replace with another moistened gauze for another hour. If bleeding has stopped, it is not necessary to replace the gauze.
- Begin taking medication as directed by your doctor to minimize discomfort when the anesthesia wears off and feeling is back to normal. For mild discomfort, take Tylenol or Ibuprofen. For severe pain, use the prescription given to you. Make sure to eat prior to taking medication.
- Do not rinse, spit, or brush your teeth for 24 hours after surgery. Keep fingers and tongue away from the socket or surgical area. You may resume gentle brushing the day after surgery. Just be sure to stay away from the surgical site.
- Swelling is expected after dental surgery. The amount and duration of swelling depends on the procedure and your physical health. Expect peak swelling on days 3-4. Applying ice to the affected area will help prevent development of excessive swelling and discomfort. Place the ice pack over the area for 20 minutes on and 20 minutes off for the first 48 hours. The ice pack is re-freezable. Keep your head elevated while resting or lying down.
- Do not be alarmed if your vision is blurred for a time following anesthesia or if a bruise appears at the site of an injection. Your arm may be bruised, swollen and tender to the touch due to the IV.
- We recommend eating soft, cool foods following surgery. You may advance to warmer foods as the numbness subsides, but please avoid piping hot foods and liquids as these may increase bleeding during the first 24 hours. Drink plenty of fluids, but do not use a straw for the first 4 days. Food Suggestions:
 - Milkshakes/Smoothies
 - Soup
 - Applesauce
 - Scrambled Eggs
 - Pudding
 - Oatmeal
 - Jello
 - Casseroles
 - Cottage Cheese
 - Mashed Potatoes
 - Yogurt
 - Macaroni and Cheese



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- On the fourth day, begin to rinse the mouth gently with warm salt water 3 to 4 times daily. Mix ½ teaspoon of salt in a glass of warm water. Rinsing is important because it removes food particles and debris from the socket, helps prevent infection and promotes healing.
- Difficulty opening your mouth widely and discomfort when swallowing should be anticipated.
- Numbness of the lips and/or tongue on the affected side may be experienced for a variable period of time.
- Please call the office if:
 - Bleeding cannot be controlled
 - You develop a temperature above 100 degrees
 - You develop a rash
 - You have persistent nausea or vomiting
 - You have any questions or concerns
- Remember your follow-up visit. We will check the area to make certain you are healing satisfactorily.