



Oral Surgery. Post-Operative Instructions

POST-OP BLEEDING: Keep the gauze sponge in place for 30 minutes at a time. Usually the bleeding will be under control before you leave the office. However, slow oozing or slight bleeding is normal for up to 24 hours. Gauze can be replaced every 30 minutes and remember to put firm pressure on the surgical site. Please avoid physical exertion for a few days following surgery. Keeping your head elevated will also help the bleeding.

SURGICAL SITE: Once the bleeding has stopped, leave the surgical site alone. Do not disturb it with your tongue, do not spit, do not use a straw. These things could disrupt the surgical site and cause complications. Also do not brush the surgical site or use alcohol based mouth wash rinses for 2 weeks following surgery.

POST-OP PAIN: Pain is to be expected after surgery and can last for several days. Instruction for pain relief will be provided. Please take them only as prescribed to help manage any discomfort, but be aware pain medication may not eliminate pain completely. **DO NOT** over use pain medication in an attempt to eliminate pain. Please be aware that narcotic pain medication can cause impairment and certain activities should be avoided with taking them.

SWELLING: This is a normal part of the healing process. Ice wrapped in a towel may be placed over the surgical site the day of surgery. Place it on and off in 20 minutes increments. Ice helps reduce, but does not eliminate swelling. Do not use heat, unless instructed by your dentist, to help with swelling.

INFECTION: If swelling fails to resolve within 4 days of surgery or starts after the second day then call the dental office, this is a sign of infection. If the dental office where the procedure was performed is not available please call Dr. Bentley at the number listed on this page.

DRY SOCKET: Pain that begins or worsens approximately 4 days after an extraction is an indication of a dry socket. This pain will usually not be relieved by pain medication. This is not an infection but inflammation of the bone following an extraction. It can sometimes be treated by your dentist, and involves packing the extraction socket with medication.

DIET: Lots of clear fluids to avoid dehydration and dilute and swallowed blood for the first 24 hours. Consuming soft foods that are mild in temperature is recommended for the first few days. Please avoid chewing on the surgical area. Avoid crispy foods for 3 weeks to avoid tissue damage.

CARE FOR THE SURGICAL AREA: Lightly rinse with salt water a few times a day for the first week. Gently brush your teeth. But avoid brushing the surgical area. Avoid consumption of the alcohol and tobacco products, these will slow the healing of the surgical area.

SUTURES: If sutures are used, they will usually dissolve in approximately one week. Sometimes nondissolvable sutures will be used and an appointment will be needed to have them removed. If the sutures become loose within the first few days, please notify your dentist.

Emergencies : Please contact your dental office regarding any post op concerns. If your dentist is not available please contact Dr. Bentley D.D.S. 480-652-2345.