



## POST OPERATIVE INSTRUCTIONS AFTER ORAL SURGERY

It is our goal at the Dental Designs that your recovery be as smooth and comfortable as possible. The healing process following oral surgery is usually quite rapid and uneventful. By carefully following these instructions you will minimize any pain and swelling and lessen the chance for infection and complications.

Please read these instructions carefully, if after reading these directions you have any questions call the office and Dr. Saffari will be happy to speak with you.

### THINGS TO EXPECT:

**Swelling:** Some swelling is to be expected following a surgical procedure. It should reach a maximum in 24 hours and diminish gradually over the following four days.

**Discomfort:** Some discomfort may occur when the sensation returns to the mouth.

**Hemorrhage:** Bleeding or oozing from the surgical site is to be expected during the first 12 to 24 hours.

### THINGS TO DO:

1. **Bleeding:** Bite on the sponges placed in your mouth for one hour post-surgically. Change the sponges as necessary. If bleeding after that time is more than slight, follow these directions. With gauze, remove all excess blood clots. Place dampened gauze over the bleeding area only. Hold this pack firmly in place for twenty minutes, so that no blood escapes. Repeat as necessary. Call our office if bleeding persists for more than one hour.
2. **Swelling:** Swelling may be minimized by the use of ice or cold packs. Place the pack over the site for 15 minutes, and then remove for 15 minutes. Prolonged use of ice or cold packs is of no value.
3. **Medications:** Take all medications as directed.

4. Diet: After waiting for one hour, fluids may be taken by mouth. For an adult, two quarts per day is essential. A high protein diet of blender-softened foods is recommended for the first one or two days following surgery. Multiple vitamins may help.

#### THINGS NOT TO DO:

1. Do not apply heat or hot packs on the face at any time immediately after surgery. This will only increase the swelling.
2. Do not vigorously rinse your mouth on the day of the surgery. 24 hours after surgery, rinsing the mouth with warm salt water after meals is advisable. This will speed healing by maintaining a clean wound.
3. Avoid spitting. This creates a negative pressure in the mouth and tends to dissolve the blood clot.
4. Avoid strenuous physical activity for 24 hours. Physical activity causes the blood pressure to rise – and may cause a renewal of hemorrhage.