

CARE OF THE MOUTH FOLLOWING EXTRACTIONS & ORAL SURGERY

General Instructions

For the first 24 hours following surgery you should be as inactive as possible. Use this day to care for your mouth and follow these instructions carefully.

1. Keep the gauze firmly in place for 1 – 2 hours. Do not change the gauze unless it is dislodged. Frequent changing will only increase the bleeding.
2. Do not rinse the mouth or spit for 24 hours. After the first day, gentle rinsing with warm salt water and careful tooth brushing is important.
3. For the first two days, the diet should be mild liquids and soft foods:
 - a. Avoid carbonated beverages & alcohol
 - b. Avoid straws
 - c. Avoid “hot” liquids
 - d. Proper nourishment is important for healing. Do not miss any meals, and drink plenty of fluids.
4. Do not smoke for 48 hours.
5. Take pain medication as prescribed. Follow instructions for all medications accurately.
6. Apply ice to the surgical area (30 minutes per hour) for 24 hours. Then warm moist packs to reduce swelling starting the third day.
7. Return to the dental office as requested. If you have complications, please call 303-233-1704.

YOU MAY EXPERIENCE . . .

1. PAIN

In the event you have some pain and the medicine prescribed for you does not give you relief, please contact our office.

2. SWELLING

This may be from a number of causes but is usually a natural reaction of the body to surgery on the oral cavity. Ice should only be applied to swollen soft tissue. If the swelling is extensive, accompanied by pain, or continues to increase after the second day, please report this to our office.

3. BLEEDING

Cleanse your mouth with a gentle rinse of fresh water, then place folded gauze, which was given to you, over the area (DO NOT USE absorbent cotton). Close your jaws tightly upon the gauze for at least 1 -2 hours. Do not become excited, but remain quiet with the gauze in place. If the bleeding should continue following removal of the gauze, please contact our office. Often there is a slight oozing of blood which when mixed with saliva may appear to be excessive bleeding. Remain calm, and treat as described in this paragraph.

4. STIFFNESS

This, like the swelling, is a natural reaction of your body to surgery, but you can help overcome the stiffness by opening your mouth very wide several times a day and applying moist heat to your jaw muscles.

5. NUMBNESS

You may notice a persisting numb sensation following surgery of the oral cavity. It is usually temporary in nature, and a normal feeling will return; however, it is important that this numb feeling be reported to Dr. Slavsky.