



## Postoperative Instructions

1. You should stay home, relax and lay with your head elevated on an extra pillow. You may wish to cover the pillow with a dark towel.
2. Apply gauze pressure packs directly over the surgical or extraction site(s) for approximately **thirty minutes**. This helps stop bleeding. Care must be taken so that the gauze is thick enough and rolled tightly so that pressure is applied to the site. A moistened tea bag (not herbal or decaf) may also be used in place of gauze, especially if bleeding continues. *It is normal for the sites to ooze for a day or two.*
3. Apply ice packs to the outside of the face over the area of surgery for the first 48 hours. After 48 hours, moist heat can be used. If ice/heat packs were purchased, these can be warmed in a microwave. This helps keep swelling to a minimum.
4. **Do not smoke, drink alcohol, use a straw or spit vigorously** for the first 2-3 days following surgery. These promote bleeding and may delay healing.
5. Diet for the first day should consist of cool soft foods (pudding, gelatin, etc.). Eat whatever feels comfortable the days following surgery. It is important to exercise those oral muscles and keep up your strength.
6. Normally, in the evening following the surgery, you may brush and floss the rest of your teeth as you regularly do, but take care to avoid the extraction sites. The day after surgery, gently rinse your mouth 2-4 times a day with warm salt water if you wish. Continue for about 3 days to speed healing.
7. It is normal to have some degree of discomfort, swelling, discoloration, and difficulty opening your mouth. **The swelling usually peaks two (2) days following surgery, then begins to decrease.**
8. If given a prescription, follow the directions as labeled. **It is best to take pain medication before the local anesthetic completely wears off. Eat something first, to avoid nausea.** If you suffer any side effects for the meds, call our office; we may need to change the prescription.
9. If necessary, Ibuprofen (Advil, Motrin) may be used to supplement the prescription pain medication. You may take 600-800mg every 6-8 hours for the first day or so, between dosages of prescription pain meds. Give the prescription time to work, however, do not supplement at the same time.
10. If you have any questions, please call the office at **(602) 956-9560**. We will be happy to assist you.

**PLEASE NOTE:** Our office policy states that we **do not** prescribe narcotic pain medication after hours and on weekends. If you feel you may need additional pain medication please, call during our regular business hours. Thank you.