



Post Operative Instructions for Extractions and Oral Surgery

- ➊ **Day 1:** Continue biting on the gauze for 30-60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed.

The goal is to keep blood clot in the socket to prevent bleeding and a painful complication known as DRY SOCKET

- ➋ **Day 2:** You will most likely experience one or more of the following symptoms:
Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy.

No heavy lifting, spitting, sucking, alcohol or smoking.

- ➌ **Oral hygiene:** Brush gently. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently.
- ➍ **Discomfort:** Over-the-counter- pain medication (Ibuprofen & Panadol) may be taken as directed on the bottle to relieve discomfort.
- ➎ **Swelling:** Apply cold compresses to affected area at 10 minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the surgery if there is no change.
- ➏ **Bleeding:** Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads on the affected area for 30-60 minutes and keep your head elevated. Call the surgery if the bleeding does not subside.
- ➐ **Diet:** Drink plenty of fluids.
Avoid carbonated and alcoholic beverages.
A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta.
Nothing too spicy is recommended.
It is normal to have a little tenderness while chewing and difficulty opening wide.
- ➑ **Stitches:** If you have received sutures, avoid playing with them. A fifteen minute appointment will be needed to remove the sutures in 7-10 days if they are not dissolvable.
- ➒ **Prescriptions:** If you have been prescribed antibiotics, take them as directed **until they are all gone**, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed take as directed.

NOTE: Some bleeding, swelling and pain are expected during the first several days, however if you are running a temperature or are excessively concerned about the condition of your mouth, please feel free to give us a call on: 07 3263 8632

- ➓ In the event of a life threatening emergency, please call 000