

Eggert Family Dentistry

www.eggertfamilydentistry.com

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Instructions Following Oral Surgery

Mouth Care

1. Continue biting on the gauze from the clinic for 30 minutes
2. Eat soft foods and liquids for the first 12 hours. Be sure to eat something since good nutrition will help healing.
3. Rinse with a warm salt water rinse starting the day after your surgery. Rinse at least 3 times per day (usually after meals).
4. Wait 1 day to brush your teeth. After resuming, remember to be gentle around the surgical area and always use a soft toothbrush.
5. To diminish the chances of dry socket, avoid smoking, sucking on a straw, spitting, or doing anything that would create suction in your mouth for 3-5 days.

Bleeding

1. Normal oozing may occur for up to 24 hours after surgery. Anything beyond oozing is usually controlled by biting on gauze and lying down for 30 minutes.
2. If the gauze doesn't control the bleeding after 30 minutes, the tannic acid found in tea bags may aid in clotting. Bite on a tea bag for an additional 30 minutes.
3. If bleeding won't stop after trying these methods and your mouth is filling up quickly with blood, call the office telephone number listed below.

Pain

1. The greatest amount of discomfort usually occurs in the first 6-8 hours after surgery.
2. You may want to take 600 mg of ibuprofen before your numbness wears off (only if it is safe for you to take ibuprofen). If you continue to have pain, take 600 mg of ibuprofen every 4-6 hours.
3. If you were given a prescription for a stronger pain medication, have it filled and follow the instructions on the label. Some people have uncomfortable side effects from stronger pain medications, so you may want to alternate the pain medication dose and 600 mg of ibuprofen every 4-6 hours.
4. If you experience extreme pain 2-5 days after your surgery that seems to radiate up your face and progressively gets worse, you may have a dry socket. Call the office number listed below because you will need to have a special medicine placed in the surgical area to soothe the pain. To help avoid the chances of getting a dry socket, avoid smoking, sucking on a straw, spitting, or doing anything that would create suction in your mouth for 3-5 days.

Swelling and Muscle Soreness

1. To help reduce swelling, place an ice pack on the surgical area for the first few hours after surgery. Use the ice pack on the area in 20 minute increments (20 minutes on, 20 minutes off).
2. Swelling and/or bruising may occur days after the surgery and is usually considered normal unless accompanied by extreme pain.

Office Phone Number: 651-482-8412

Dr. Elizabeth's Cell Phone: 612-845-2929