



Kent E. Johnson Dental Associates

Instructions Following Oral Surgery

Bleeding	Normal oozing may occur for up to 24 hours or more following surgery and is controlled by firm biting pressure on a folded gauze pad placed over the tooth socket. Keep gauze packs in mouth until you eat. Replace them after eating and keep them in until bedtime. If bleeding is substantial and fills the mouth quickly, call the telephone numbers listed above.
Mouth Care	No rinsing or smoking for 24 hours following surgery. No alcoholic beverages for 24 hours. The day after surgery, rinse with a glass of warm water mixed with one teaspoon of salt 5 times a day for at least one week. Brush and floss as usual avoiding surgical site. The corners of your mouth may dry and crack. Keep them moist with Chap Stick or Vaseline.
Swelling	Swelling and sometimes bruising is common after surgery. The maximum swelling, pain, and jaw stiffness normally occur 2 to 3 days after the surgery. Apply ice packs fifteen minutes on, then fifteen minutes off until bedtime the day of surgery. This will keep swelling to a minimum. Also, keep your head elevated until bedtime. Moist heat after 36 hours may help jaw soreness.
Pain	The greatest amount of discomfort is in the first 6 to 8 hours after surgery. Never take pain medication on an empty stomach. Take one pain tablet immediately after you receive your prescription along with a glass of flat 7up, then another tablet as prescribed. If itching or a rash develop, stop taking all medications and contact the numbers listed above immediately. If a dull pain along with an earache increase on the 3 rd or 4 th day, call for an appointment immediately.
Muscle Soreness	Difficulty in opening the jaws is common after 3 rd molar extraction. Chewing gum (sugarless) at intervals will help with muscle soreness along with moist heat after 36 hours.
Diet	It is important to maintain good nutrition following surgery. Eat a lukewarm soft diet the day of surgery. Do not drink through a straw or drink carbonated beverages for 24 hours. Eat whatever you can the day after surgery. Drink as much fluid as you possibly can for 3 days.
Infection	If swelling and discomfort worsens after the 4 th day following surgery along with a foul taste, fever, and difficulty swallowing, contact the telephone numbers listed above.
No Driving After Sedation	Depending on the time of your procedure and your individual reaction to the procedure, you will probably want to relax for the rest of the day. Avoid driving, operating machinery, and decision making for at least 24 hours. After your surgery (if you have had IV drugs during your surgery), you will be very drowsy and should go home. Rest with your head elevated on a pillow to minimize swelling, bleeding, and discomfort. Don't stay alone, have someone help you for the next 24 hours.
Nausea/Vomiting	This is expected for the first 24 hours and is due to the IV or general anesthesia medications. If this persists after 24 hours, then the cause is due to pain medications or antibiotic given to you. Switch to a pain medication that you have taken in the past. If you want medication for nausea and vomiting (suppositories), a prescription can be called to your pharmacy.
Sutures	Unless otherwise advised, sutures (stitches) will dissolve on their own within the first 4-5 days.

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