Skiffey Family Dentistry

P: 330-336-6611

Oral Surgery Post-Op Instructions

Proper care of the mouth following oral surgery can reduce complications and speed the healing of the surgical area.

BLEEDING...following extractions some bleeding is to be expected. It is possible to have some blood in your mouth for up to 48 hours after surgery. To protect the clot and control bleeding, place damp gauze pads over the bleeding area and bite down firmly for one half hour. Repeat if necessary. If no gauze is available, a damp cloth or tea bag may be used.

SWELLING...some swelling can be expected following oral surgery. To minimize, apply an ice bag or chopped ice wrapped in a damp towel to the outside of the affected area for one half hour on and one half hour off for 4-5 hours. This can be used for the first 24 to 36 hours.

PAIN...for mild to average pain use any NON ASPIRIN product you like. If medication has been prescribed, take as directed. Most pain medications can cause drowsiness and impair your ability to react. Therefore, DO NOT mix alcohol with pain medications and DO NOT drive or work around machinery while on prescription pain medications. If you have been on Plavix, Coumadin or other blood thinning agents follow doctor instructions as to when you can restart the medications.

FOOD...Only liquids should be taken for the first 6 hours. After that a light diet is advisable during the first 24 hours. DO NOT use a straw or drink hot liquids and avoid alcoholic beverages and rinses as well as spicy foods for the first 48 hours.

BONY EDGES...small sharp bone fragments may work up through the gums during the healing process. These are not roots. If annoying, return to this office for their simple removal.

ORAL HYGIENE...do not rinse or use mouthwash for at least 24 hours following oral surgery. After 24 hours rinse with warm salt water (1/2 teaspoon salt to 8 oz water) every one to two hours. Avoid swishing aggressively which may cause bleeding. Tooth brushing may be resumed in the areas of the mouth not involved with the extraction site while avoiding the extraction site. A clean mouth heals faster.

SUTURES...if sutures have been place, you will need to return to the office to have them removed in about 7-10 days.

ACTIVITIES...avoid excessive activity and heavy lifting. Do not pick at the extraction site. Do not drink through a straw or consume alcohol. Refrain from smoking as this affect healing and can lead to a painful condition called dry socket.

**Any questions please call this office, if after hours call the cell number listed on the answering machine.**