

Post Surgical Information / Instructions

- **Bleeding: Slight bleeding or oozing normal for the first 24 hours.** Biting on gauze for approximately 20-30 minutes should reduce oozing. Make sure gauze is directly over the surgical site to ensure adequate pressure. If the bleeding persists beyond that time, replace gauze with a moist, non-herbal, caffeinated tea bag for an additional 30 minutes. If oozing continues please contact our office. **HINTS:** To further aid in controlling bleeding, minimize activity and use an ice pack throughout the first day.
- **Rinsing/ Hygiene:** Please refrain from forceful spitting for the first 24 hours after surgery. Beginning tomorrow, you should rinse your mouth gently using warm salt water 3-4 times a day (1/4 teaspoon salt/ 6 oz. warm water). You may resume your normal brushing routine immediately with gentle brushing in the surgical areas.
- **Smoking / Straws:** Please refrain from smoking for the first 72 hours as smoking may delay the healing process and increase the risk of "dry socket." (Please see information below). Refrain from using straws and carbonated beverages for the first 24 hours. This will also help promote an easier healing process.
- **Diet:** You should begin a soft diet as soon as you feel comfortable doing so. Please keep in mind you should have something to eat before taking any pain medication. After surgery your mouth will be numb so during that time please avoid eating foods which require chewing to prevent inadvertent damage to your lips, cheeks and tongue.
- **Swelling/ Bruising:** You can reduce swelling by applying ice to the affected area, 10 minutes on/ 10 minutes off, for the first 6-8 hours. Keep your head elevated; avoid bending over and strenuous exercise for the first 72 hours. **Facial swelling is normal following surgery and will peak at approximately 72 hours, and then it will gradually decrease.** You may experience discoloration or bruising of the skin several days following the surgery. This is normal and will gradually disappear.
- **Medication:** You will be provided with prescriptions for pain medication and any additional medications your doctor feels will be needed for your treatment. Please be sure to take your pain medication with food before the local anesthesia wears off so your body has time to absorb the medication, ensuring your comfort. We advise against driving a vehicle or operating heavy machinery while taking pain medications. **If taking antibiotics while on birth control, alternative birth control methods are recommended as antibiotics can decrease the effectiveness of birth control medication.** Prescription refills may be requested by calling our office. Monday through Friday, 9:00 a.m. – 4:00 p.m.
- **Sharp Bony Edges/ Dry Sockets:** You may experience hard sharp areas when you place your tongue on the surgical site, you may think it is part of your tooth. This is the hard, bony wall which originally supported the tooth and will remodel on its own or, occasionally, may need assistance from the doctor. "Dry socket" is a term usually describing an area where the blood clot had dissolved leaving an exposed bony area. This can be treated easily by placing a medicated dressing in the surgical site; this is accomplished by our surgical staff and/or doctor.
- **Sutures/stitches:** If sutures are placed during your procedure, they will naturally dissolve over time and fall out on their own. This can be anytime between 1 and 14 days following the procedure.
- **Additional Questions:** In the event that any unusual symptoms occur or you have questions, please contact our office at 719-592-9222. Thank you!

Excellence in Oral & Maxillofacial Surgery, LLC

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