

Post-operative Instructions

After extractions or oral surgery, some pain, swelling or discomfort may occur. The after care is particularly important in these cases.

Bleeding

To control bleeding, place gauze over the surgical area and bite down gently for thirty (30) minutes. If bleeding is excessive and difficult to control, moisten a tea bag, place over the surgical area and bite down once more with gentle pressure for thirty (30) minutes. Repeat only if necessary. Normal oozing of blood may occur for 24-48 hours after surgery. **Try to avoid spitting.** If bleeding continues call our office.

Swelling

Apply an ice pack to the face over the operated areas for twenty (20) minute intervals to control swelling and bleeding for the first 48 hours. You may leave the ice pack on continuously if you place a washcloth between your face and the pack. It is a good idea to keep your head elevated with a couple of pillows to help reduce swelling. After 48 hours, stop the ice. Heat may be applied to the face to reduce swelling. The maximum swelling usually peaks at 48 hours. You may notice some bruising that will diminish within several days following surgery. A heating pad is not advised. Grain filled bags warmed in a microwave are recommended.

Pain

Take the pain prescription as directed before the feeling returns to the operated area. This controls the pain before it starts. We advise eating before taking pain medication to control the possibility of nausea. Pain medication should not be taken on an empty stomach.

Eating

A regular diet may be eaten as soon as you arrive home unless advised differently by the doctor or staff. Avoid chewing while you are still numb. Avoid hard or crunchy foods. Drink plenty of fluids to avoid constipation and dehydration.

Oral Hygiene

You may start brushing your teeth the day following surgery, taking care around the surgical area. Use warm salt rinses hourly for the next 5-7 days. Mix ½ tsp. salt in a quart of warm water. Do not use commercial mouthwashes for at least one week.

Exercise(for lower wisdom teeth extractions only)

The lower jaw should be opened widely and stretched frequently to avoid muscle stiffness and pain unless advised differently by the staff.

Sutures

Small fragments of bone working to the surface as the wound heals should cause no alarm. The edges of the bony structure that remain after extraction are often mistaken for fragments of tooth. These are gradually absorbed.

Try to refrain from smoking for at least 1 week following surgery. If your pain should sharply increase at any time, call our office for a post-operative appointment. Our interest in a case does not end with the completion of the surgery.

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