

BeGentle DENTISTRY

Oral Surgery

Post Operative Care

It is important to take care of your surgery site, so please read and follow these instructions:

1. Bite on gauze for 2 hours to stop the bleeding. If bleeding persists, bite on another gauze (or tea bag) for a few hours until the bleeding stops. Expect some bleeding and oozing for 24 hours. If swelling occurs, place an ice bag on the swelling site. Alternate applying the ice for 10 minutes and leaving ice off for 10 minutes. Do not over ice.
2. Drink plenty of liquids for the first 24 hours to dilute any swallowed blood, which can cause nausea. Taking any medications on an empty stomach can also cause nausea.
3. **DO NOT SMOKE or USE CHEWING TOBACCO for 5-7 DAYS.**
4. **DO NOT DRINK THROUGH A STRAW for 24 HOURS.** Do not drink alcohol, pop, or hot liquids. Do not blow your nose or spit excessively. All of these things can cause a blood clot over the surgery site to be lost and pain may occur.
5. The morning after surgery, start rinsing gently with warm salt water rinses every 4 hours for 2 days. (1/4 teaspoon salt to 1 cup water).
6. If given antibiotics, take them as directed, until they are gone so a secondary infection won't occur.
7. Rotate ibuprofen and the prescribed pain medication every 3 hours as needed to help with any pain.
8. Dry socket is a complication that may occur after surgery. It is caused when the sockets from which the teeth are pulled become dry and extremely painful. Almost all dry sockets occur among smokers because of nicotine and heat from a cigarette hampers proper healing. Another common cause of dry sockets occurs when you do not eat well. Nutrition is very important to your healing. That is why we recommend you eat and drink plenty of liquids after your surgery.

If you have any problems or questions- please call the office at (765) 453-9389.

If after hours, to reach Dr. Mamaril dial 307 and Dr. Gibson dial 304.