

# Ithaca Oral Surgery and Implant Center

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Not a NY Article 28

## INSTRUCTIONS FOLLOWING ORAL SURGERY

Post op. Appointment, Name: \_\_\_\_\_

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### BLEEDING:

Some bleeding is normal but can be controlled with cotton gauze pads. Moisten the gauze pads with water and place in freezer allow gauze to get cold than place in mouth. **Leave the gauze pads in for 30-40 minutes at a time. NO SPITTING!!**

Taking them out too often can prolong the bleeding. If bleeding more brisk, try using a black tea bag wrapped in a moist gauze pad with gentle pressure. You can have some oozing for 24 hours. Call if bleeding is excessive. **DO NOT SLEEP WITH GAUZE IN YOUR MOUTH!!!**

**BE SURE TO HAVE WATER IN YOUR MOUTH BEFORE REMOVING GAUZE, GAUZE SHOULD NEVER BE TAKEN OUT DRY**

### RINSING:

NO RINSING is generally advised for the first 24 hours. After this time you can rinse with warm salt water (1/4 teaspoon in a glass of warm water) 3-5 times per day. With wisdom teeth, make sure you rinse quite often from days 3-7 after surgery.

### SWELLING AND BRUISING:

A certain amount of swelling is normal in the first 3 days after surgery. **Ice, rest, and ibuprofen help with this.** You may have some lingering swelling for the first week, but if it is excessive, call. Bruising is relatively uncommon but not unexpected. It resolves quickly. Call if the IV site is bruising, red or worrisome. Ice can be used 5 minutes on, 10-15 minutes off. Chilling but not freezing the ice bag works best.

### BONY PROJECTIONS:

After oral surgery, you may feel sharp areas in the surgery site. They are usually just irregular areas of the bone and sometimes work their way loose. If they become irritating call.

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**DIET:**

A light diet is advisable during the first week or so of healing. Soft foods can be more substantial than just pudding or ice cream. Be creative!!!

**PAIN:**

Discomfort is usually greatest from when the numbness wears off through the first few days. Staying ahead of this with ice and recommended medications is the best for this. If the discomfort is unusual for you, call right away.

Smoking, drinking carbonated or alcoholic beverages may harm the surgery site. **Smoking is especially associated with poor healing if done at all during the first week of healing.**

**PRESCRIPTION INFORMATION:**

Narcotic medication (such as Vicodin, Tylenol #3, etc.) may cause drowsiness and should not be combined with alcohol. Do Not drive or operate heavy machinery.

Take all medications as directed and DO NOT stop antibiotics or other medications unless advised.

Antibiotics can cause birth control pills to become ineffective. Additional birth control methods should be used. Ask your M.D.

Ibuprofen should not be used if you are allergic to aspirin or have other GI problems. Know that Advil, Ibuprofen, Motrin, etc. are all the same kind of medication.

**\*\*\* Report any signs or symptoms of COVID-19 to our office and your physician or the Department of Public Health in your county \*\*\***