

# POST-OPERATIVE SURGICAL INSTRUCTIONS

1. **DISCOMFORT:** Dental extraction and surgery may be associated with varying degrees of discomfort depending on the specific procedures involved and the individual pain tolerance of each patient. Most of the pain should subside after the second or third day. However, minor pain may last as long as 7-10 days after the procedure. We suggest that all patients take the recommended pain medications immediately after surgery prior to local anesthesia wearing off. Take all medications as instructed.
2. **BLEEDING:** You may notice slight bleeding from the extraction or surgical site for a period of 1-3 days. This type of minor bleeding may result in pink discoloration of your saliva which is not a major concern. If excessive bleeding occurs, moisten the gauze you have been given with cold water, fold it, place it on top of the bleeding area with gentle but firm pressure for 20-30 mins. Recheck the area and replace the gauze as needed. If this fails, you can place a moistened tea bag against the bleeding site for 15 mins.
3. **SWELLING:** Its normal for swelling to last up to 3-5 days after surgery. Application of ice packs to the cheek, lip or jaw for intermittent periods (10-20 mins on and 10-20 mins off) will reduce the swelling and will relieve some discomfort for the first 24-36 hours after surgery. Afterwards, warm moist compresses should be used.
4. **DIET:** Proper nutrition is important for proper healing. Drink plenty of liquids. High protein foods and liquids are desirable for the first 3-5 days following the procedure. Cold soft foods are recommended for at least the first 24 hours. Avoiding hot temperature liquids and hot, spicy, hard, and crunchy foods is best.
5. **ORAL HYGIENE:** The extraction or surgical site should not be disturbed for the first week post operatively. Mouthrinse can be used after the first 24 hours. Gently brush and floss the teeth that were involved in the surgery or adjacent to the extraction site.
6. **SMOKING:** DO NOT SMOKE during the post-operative period because wound healing will be delayed and compromised.
7. **PHYSICAL ACTIVITY AND EXERCISE:** Avoid strenuous physical activity during the immediate recovery period (2-3 days).
8. **FOLLOW UP:** Please return to the office for post operative care as instructed or required. We are here to help you through your procedure and your recovery. Please call our office at 610-325-1670 so we can assist you.

**IMPORTANT: DO NOT SMOKE, DO NOT SPIT, DO NOT USE STRAWS, DO NOT DISTURB THE SURGICAL SITE.** The blood clot must be protected for about 24 hours.