

Croasdaile DENTAL ARTS

Your Smile. Our Passion.

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INSTRUCTIONS FOLLOWING SURGERY

Bleeding: Normal oozing may occur for up to 24 hours or more following surgery and can be controlled by firm biting pressure on the 2x2 gauze pads and replace them with a fresh, twice folded new one as needed to prevent oozing of the blood in the mouth; therefore avoiding having to spit. Continue this until the bleeding stops. If bleeding is brisk and fills the mouth quickly (within five minutes), please call immediately. If you run out of gauze pads, use a tea bag in the same way you used the gauze.

Swelling: Swelling and sometimes bruising is common after surgery. The maximum swelling and jaw stiffness normally occurs 2 or 3 days after the surgery. Apply an ice pack 15 minutes on and 15 minutes off until bedtime the day of surgery to prevent excessive swelling and discomfort. Keep your head elevated if possible for the first 24 hours. Moist heat can be used after 36 – 48 hours to help jaw soreness and reduce swelling.

Pain and Medication: The greatest amount of discomfort is in the first 6 – 8 hours after surgery. Never take pain medication on an empty stomach. Take one pain tablet immediately after you get home with a glass of 7 UP then another one, one hour later. Afterwards, take one or two every 4 –6 hours as directed. Be consistent with taking your pain medication for consistent pain relief. The corners of your mouth may dry and crack; therefore, keep them moist with petroleum jelly.

Muscle soreness: Difficulty in opening the mouth is common after third molar extractions. Moist heat applied after 36 – 48 hours will help. Also, 2 – 3 days after surgery you may try chewing sugarless gum to exercise the jaw muscles.

Diet: It is important to maintain good nutrition following surgery. Eat a soft diet the day of the surgery (try milk shakes, yogurt, cottage cheese, mashed potatoes, applesauce, soup, Carnation instant breakfast, etc.). Eat whatever you can after the first day. Do not suck through a straw or spit. Be very careful the first 4 hours not to disturb the blood clot. Be sure to drink (force if necessary) plenty of liquids the first 3 – 4 days.

Mouth Care: No rinsing, smoking or spitting the first 24 hours. Eight hours after bleeding has stopped, rinse mouth gently with a solution of ½ tablespoon of salt dissolved in a glass of warm water five times a day for at least one-week. The rinsing will help remove food particles and debris from the socket area; therefore, helping to prevent infection and promote healing. Brush and floss as usual avoiding surgical sites (be sure to brush tongue).

Infection: If swelling and discomfort worsens after the third or fourth day following surgery, along with a foul taste and/or odor, fever, and/or difficulty in swallowing, PLEASE CALL US IMMEDIATELY!

If for any reason you are concerned about your condition, please notify us immediately.

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