

Austell Dental Associates, LLC
4750 Austell Road
Austell, GA 30106
770-948-8888

ORAL SURGERY POSTOPERATIVE INSTRUCTIONS

Care of your mouth after surgery has an important effect on healing. Bleeding, swelling, discomfort, and tightness of the jaw muscles are normal body responses to surgery and should not cause alarm.

Hemorrhage Control – Slight bleeding or oozing is expected and even desirable. Continue biting on gauze for up to one hour, changing gauze when saturated until bleeding is minimal. If there is continued or renewed bleeding, fold up a fresh gauze pad, moisten it, and bite on it **firmly** for 45 minutes. Biting on a moistened tea bag may be helpful in stopping the bleeding. Do not rinse your mouth vigorously. If bleeding does not stop, please call.

Swelling Control – Soft tissue swelling is to be expected. Application of ice bags over your jaw will help minimize the amount of swelling. Apply intermittently for 20 minutes on, then off for 20 minutes, up to 48 hours after procedure.

Control of Discomfort – Some discomfort is to be expected. You may have been given medications or a prescription which will help control this discomfort. Otherwise, take 1 or 2 over-the-counter Advil or Motrin (Ibuprofen) every 4 hours as you need them.

Diet – Skipping meals will add to your discomfort and may delay healing. Eat a soft diet and drink extra liquids. Ice cream or cream soups are excellent foods for the first day. **Do not** use a straw for 24 hours.

Oral Hygiene – Beginning the day after surgery, rinse your mouth gently with warm salt water (1/2 teaspoon of salt in a glass of warm water) after each meal and at bedtime. Do not rinse more frequently than this. Brush your teeth normally, but avoid the site of surgery.

AVOID SMOKING TODAY!!!

**IF COMPLICATIONS ARISE OR SIGNIFICANT
SYMPTOMS PERSIST BEYOND 3 DAYS, PLEASE CALL!**