



## POST-OPERATIVE INSTRUCTIONS

In the event of an emergency, please call our office at  
**303.806.8600.**

**Pain Management:** Most oral surgery is accompanied by some degree of discomfort. Take pain medication with food to prevent nausea. If you do not achieve adequate relief with pain medication, you may supplement each pain pill with an analgesic such as ibuprofen (unless you are taking Vicoprofen which has ibuprofen in it). **Remember, discomfort and swelling may increase for the first three or four days.**

**Bleeding:** It is normal to have intermittent oozing for the first 24 hours. Bleeding can be controlled by placing a folded gauze pack over the wound and biting to place pressure on the wound for 30-45 minutes at a time. If bleeding persists, you may substitute a tea bag (dipped in water and squeezed damp-dry) for 30 minutes. If bleeding remains uncontrolled, please call our office. Do not sleep with gauze in your mouth.

**Swelling:** Swelling can be minimized by using an ice pack (placed in the jaw wrap for 48 hours) and placing it on the affected side(s) for approximately 30 minutes every hour for the first 48 hours. After 48 hours, you can begin applying a warm compress to the affected side(s) for approximately 30 minutes of every hour to help soothe tender areas.

**Oral Hygiene:** To minimize the risk of infection, begin gentle salt water rinses after the first 24 hours. Use approximately 1 teaspoon of salt in a glass of warm water and gently rinse two to three times daily. You may use the syringe provided after five days. Draw lukewarm water into the syringe, place the tip of the syringe into the extraction socket, and gently flush the socket until clean, three times per day. Do this until you are certain that the extraction socket has closed completely.

**Diet:** Eat soft foods for the first few days. Avoid hot foods. **Do not use a straw for the first week after surgery.** Avoid foods that will injure the area such as nuts, popcorn, potato chips, etc. **No tobacco, alcohol, alcohol-based mouth rinses, or peroxide-based products such as whitening toothpastes for at least 7 days.**