

# Oral Surgery

## Post Operative Instructions

1. Bite on gauze with firm pressure till bleeding stops. This may take 1 to 4 hours depending on the oral surgery procedure.
2. Be careful that you do not dislodge the blood clots from the oral surgery site. It is important that the blood clots stay in place for several days after your oral surgery procedure.
3. Do not suck on straws; do not stick your tongue or fingers into the oral surgery site; do not chew food near oral surgery site; refrain from smoking, alcohol, and hot liquids at least 4 days. All of these actions will dislodge blood clots in the oral surgery site.
4. Starting tomorrow, gently rinse your mouth frequently with a solution of 1 teaspoon of salt in 1 cup of warm water. Continue this 4-6 times per day for 2-3 days. 3 days (72 hours after surgery you may also rinse with mouth wash but not before then. Continue salt water rinses as well.
5. Take all medications as directed for as long as indicated. Antibiotics & pain medications should be taken with food.

If discomfort persists please contact our office at (231)-347-8899 or call Dr. Ellsworth's emergency line at (231)-392-1961

Diet: Cold or lukewarm liquids maybe taken for the first day (24hours) after your oral surgery procedure. After this soft foods are permissible. (Yogurt, pudding, apple sauce and cottage cheese are good foods to have after surgery)

Bleeding: It is normal for the saliva to be streaked with blood for a day. If bleeding is present for more than a day, fold sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure by biting on the gauze. Gauze may be substituted with a soaked black tea bag. The tannic acid in tea has a clotting effect.

Swelling and Discoloration: Is to be expected in certain areas, usually reaching its maximum in 2-3 days after oral surgery. It will disappear gradually and is no cause for concern. Be sure to apply ice to the face over the surgical site for the first 4-6 hours only, alternating for 20 minutes on and 10 minutes off. This will decrease the amount of swelling and discomfort during the following day

IBU Profen: 600mg 4x/day for the first 2-3 days (unless you have an allergy to it)

Sutures (Stitches): If required, Sutures are removed without discomfort in about 7-14 days. An appointment will be made for you.

Please Avoid: heavy lifting (anything over 5 lbs.), strenuous or intense activities such as chopping/ cutting wood, running, lifting weights, sports, operating ATV, etc...