** Post-Operative Instructions for Extractions and Oral Surgery**

These guidelines have been formulated to help you during the healing period following an oral surgery procedure. The mouth is a very delicate environment, and all of these guidelines are very important to a successful outcome.

* No heavy lifting or running
* No spitting, let it drool out
* No sucking through a straw
* No hot soups or drinks
* **Absolutely no smoking for one week**
* No drinking carbonated, caffeinated, or alcoholic beverages for at least 24- 48 hours.

The goal is to keep the blood clot in the socket to prevent a painful complication called a dry socket.

**Bleeding**: Bleeding after surgery may continue for 12-24 hours. The best way to stop bleeding is to fold a piece of **damp** gauze and place it over the extraction site. **If stitches have been placed do not use gauze; stitches will control most of the bleeding.** Gently bite on the gauze for 30-60 minutes. Rest quietly with your head elevated. Place a towel on your pillow because you may drool. If you experience excessive bleeding, apply firm pressure with 1-2 damp gauze or a moist tea bag to the extraction site, keeping your head elevated. You may have pink saliva for a few days afterwards. Call the office if bleeding doesn’t subside.

**Swelling**: Swelling is the body’s normal reaction to surgery and healing, and usually peaks at three days post op. If swelling should occur, apply a cold pack to the outside of the face for 20 minutes on and 20 minutes off while awake for the first 24 hours. After 48 hours, you can use a warm compress to the cheek. Any swelling that occurs should begin to diminish within 72 hours.

**Pain**: Dental Surgery may be accompanied by some discomfort. The use of the Pain Pack Protocol has greatly diminished the need for narcotics in dentistry, and is comprised of the following:

* Ibuprofen 800 mg taken every 6-8 hours
* Tylenol 1000 mg taken every 6-8 hours

**Diet**: First week, liquid to extremely soft foods; after one week slowly increase to soft foods (nothing harder than dead soft tender chicken). Return to normal foods after two weeks with the exception of small indigestible foods like peppercorns. After sutures are removed, you may return to normal diet, but ask Dr. Buie to make sure this is OK.

**Stitches**: If you have received sutures, avoid playing with them. They will most likely be dissolvable. If they aren’t, Dr. Buie will let you know, and he will need to remove them at one of your follow up appointments, typically at 3-4 weeks.

**Prescriptions**: If you have been prescribed antibiotics, take them as directed until they are all gone. Again, any pain medication prescribed should only be taken as directed. **All prescriptions are important to take as directed, with the exception of pain prescriptions; these should be taken optionally in addition to the pain pack protocol.**

**Oral hygiene**: Brush gently. You may begin to gently rinse with warm saltwater after 24 hours. But again, do not spit and let it drool out.