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"We Create Beautiful Smiles"

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POST Op Instructions for Oral Surgery

Things To Expect

Bleeding: Bleeding or "oozing" for the first 12 to 24 hours.

Anesthesia Warning. When a local anesthetic is used your lip, tongue and cheek will be numb for several hours after the procedure. While it is numb, it will feel "funny." During this period you must be careful not to bite, chew, pinch and/or scratch this area, which can lead to serious soft tissue trauma.

Swelling: This is normal following a surgical procedure in the mouth. It should reach its' maximum in two to three days, and should begin to diminish by the fifth post-operative day.

Discomfort: Any discomfort you will experience will occur after the anesthesia has worn off. This should diminish within 1-3 days.

Do not disturb the wound. In doing so you may invite irritation, infection and/or bleeding. The healing process begins immediately after surgery as your body sends blood to nourish the tooth socket. Simple pressure from a piece of gauze is usually all that is needed to control the bleeding and to help a blood clot to form in the socket. Sutures may need to be removed the next week. Be sure to consult with your Dr. Marks if bleeding persists.

Things To Do

Bleeding: Place gauze over extraction sites and maintain pressure by biting for at least 2 hours. Replace gauze every 30 minutes within these 2 hours. Keep head elevated, do not bend down, and rest. Do not suck or spit excessively. (Also please refrain from blowing into musical instruments.)

Note: Some oozing and discoloration of saliva is normal. Remember, one drop of blood will make a full mouth of saliva red. If bleeding persists, replace the gauze with a clean folded gauze placed over the extraction site, and maintain the pressure until the bleeding stops. You may also try a tea bag if the gauze does not work.

Rinsing: 24 hours after the surgery, rinse with warm saltwater (or prescription mouth rinse) three-to-five times per day for seven days.

Swelling

To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 to 24 hours. Apply alternately, 10-20 minutes on then 10-20 minutes off, for an hour or longer if necessary.

Smoking

Avoid smoking during the healing period.

Discomfort

Begin taking pain medication immediately after surgery as directed. The medicine will require 45 minutes to one hour to take effect. Some discomfort is normal after surgery. Analgesic tablets, i.e. Tylenol® or Motrin® or non-aspirin can be taken (2), every four hours as needed or as directed by a dentist. Prescription medications, which may have been given to you, should also be taken for two to three days after surgery or as directed. If antibiotics are prescribed, you should carefully follow the instructions and finish the antibiotics until they are completely gone.

Diet

For the first 24-48 hours, you should maintain a diet of soft foods, such as Jell-O, pudding, yogurt, mashed potatoes, soups, etc. Food that crumbles such as potato chips, popcorn, crackers, cookies, etc. should be avoided. Hot spicy foods should also be avoided to prevent irritation and burns of the extraction site. Also avoid carbonated beverages for three to four days. Eating immediately following the procedure is not recommended. When the numbness has worn off you may eat, yet be sure to chew on the opposite side for the first 24 hours in order to keep food away from the extraction site. Also, keep anything sharp from entering the wound (e.g., eating utensils, fingers and other objects, etc.). It is also important to drink plenty of fluids in between meals and with meals. A fluid intake of at least two quarts a day is needed.

Return to normal diet as tolerated.

Brushing. For several days after the extraction, it is important to keep the area as clean as possible to prevent infection and promote healing. Do not directly brush the extraction site for the first three to four days after oral surgery to prevent dislodging of the blood clot from the socket. Instead this area can be gently and carefully wiped with a clean, wet gauze pad or cloth. After this time you may carefully brush your teeth around this area and floss gently.

Physical

Activity

For the first 24 to 48 hours, you should REST. Your activity should be limited because increased activity can lead to increased bleeding. No bending over or heavy lifting for two to three days. Do not play any wind instruments or blow up balloons for a period of 10-14 days.

Patients who have sedation should refrain from driving an automobile or from engaging in any task requiring alertness for the next 24 hours.

For the first 24 hours, **The Days After Surgery:**

- Brush teeth carefully.
- Use WARM SALT WATER (or prescription mouth rinse) as a mouth rinse, three to five times per day.

- If ANTIBIOTICS are prescribed, be SURE to take ALL that have been prescribed, AS DIRECTED.
- Use WARM, MOIST HEAT on face for swelling. Continue until the swelling subsides. A warm, wet washcloth or heating pad will suffice.
- If SUTURES were used, return to the office in five to seven days for removal.
- DRY SOCKET is a delayed healing response, which may occur during the second to fourth post-operative day. It is associated with a throbbing pain on the side of the face, which may seem to be directed up toward the ear. In mild cases, simply increasing the pain medication can control the symptoms. If this is unsuccessful, please call our office at 203-778-8048.

CONTACT THE DOCTOR IF:

- Bleeding is excessive and cannot be controlled.
- Discomfort is poorly controlled.
- Swelling is excessive, spreading or continuing to enlarge after 48 hours.
- Allergic reactions to medications occur which are causing a generalized rash or excessive bleeding.

CONTACT EMERGENCY MEDICAL SERVICES OR CALL 911 if patient has lost consciousness.

Following all instructions faithfully will add to your comfort and fast recovery.

Long term problems. Having a missing tooth can lead to several problems such as shifting teeth, difficulty chewing and malocclusion, which could lead to TMJ problems. This area will need to be restored with a fixed dental bridge, dental implant, a removable partial or a denture to insure good long-term dental health.