

## **POST OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY**

**DAY 1:** On the day of your extraction, it is very important that you stop the post-operative bleeding and establish a clot. This clot is very delicate on the day of surgery and must be preserved because it serves as the basis for all future healing.

**BLEEDING/CLOT FORMATION:** Bite on a rolled up gauze for 30 minutes. After 30 minutes wet the gauze and remove, if the bleeding continues, place a fresh gauze and continue to apply pressure for an additional 30 minutes. Repeat these steps until the bleeding has stopped. If necessary, a damp tea bag may be placed over the socket instead of gauze. Avoid frequent gauze changes (less than 30 minutes) for this will cause the bleeding to continue.

**CLOT PRESERVATION:** The clot is very delicate for the first 12 hours following surgery. There are a number of things that could disrupt the clot and cause further bleeding on the extraction socket and delay/complicate healing. On the day of surgery please avoid the following activities: smoking, rinsing vigorously, rinsing with mouthwash, spitting out, drinking through a straw, drinking anything carbonated, drinking anything hot or anything alcoholic. If you have to sneeze, sneeze with your mouth open.

**SWELLING:** Following surgery, facial swelling is common and need not cause alarm. To keep swelling to a minimum, place an ice bag on your face immediately following your appointment. To avoid a cold burn to the face, the ice bag should be placed for 20 minutes, then removed for 10 minutes. This process should be repeated for up to 24 hours following surgery.

**DIET:** After having extractions or impacted teeth removed it is recommended that the patient maintain a semi-liquid diet for 24-hours. A regular diet should be resumed as soon as possible avoiding any foods that could get stuck in the extraction socket (i.e., peanuts, pretzels, and foods with seeds.)

**EXERCISE JAW:** In some cases, following oral surgery, it becomes difficult to open your mouth. Exercise your jaw frequently by attempting to open your mouth wide. You may experience discomfort at first; however, with continued exercise, the discomfort is reduced. Use of a sugarless chewing gum is recommended.

**PAIN:** A prescription for pain relieving drugs is given when the surgery is extensive. For lesser surgical procedures, it is recommended the patient use over the counter pain relievers such as Motrin, Advil, Bayer or Tylenol. If you are in pain and the drug you are taking does not help, please contact us and we will try to remedy the situation.

### **DAY 2:**

On the day after surgery, it is very important that the surgical site is kept clean. A warm saltwater rinse is recommended, a tablespoon of salt into a cup of warm water, used 4-5 times per day. Do not rinse with mouthwash until the surgical site is completely healed. As soon as comfortable, the surgical site should be brushed lightly to remove any food impaction.

**SUTURES:** If sutures were placed, they will dissolve within 10 days

**DO NOT SMOKE** UNTIL THE TISSUE OVER THE EXTRACTION SITES CLOSES OVER (Approximately 7 days). Smoking will cause a very painful condition known as dry sockets.

**If you need to speak to Dr. Greg LaVecchia for any reason please feel free to call him at the office (703) 528-3336 or after hours on his cell (703) 851-3229.**