

Gentle Smiles Dentistry
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POST ORAL SURGERY INSTRUCTIONS

1. **Bleeding:** The gauze placed on the surgical site will exert pressure on the wound and hold the blood clot in place. Please hold it firmly in place for 30-45 minutes. Replace with new gauze if bleeding continues. A certain amount of bleeding is to be expected following the surgery. Red tinged saliva is normal for a few days following extractions. If the bleeding continues after a reasonable period of time, place a large gauze pack (folded into a one inch square) **DIRECTLY OVER THE BLEEDING SOCKET AND BITE DOWN FIRMLY FOR ONE HOUR**. Repeat as necessary using gauze or wet teabags wrapped in gauze. **DO NOT USE COTTON**. If heavy persistent bleeding occurs after 12 hours, call our office for instructions.
2. **Swelling:** is to be expected. ...apply an ice bag or cold towel to your cheek or jaw 20 minutes on and 20 minutes off (alternate sides if surgery was performed on two sides). Repeat for next 24 hours. This reduces swelling and aids in controlling bleeding. Do not use ice after 24 hours. After 24 hours use moist heat every 3-4 hours for the next 3 or 4 days. Please note: the operated area may continue to have slight swelling and even discoloration but usually disappears within four to five days.
3. **Rinsing:** 24 hours after surgery, you can begin to rinse with warm salt water. Dissolve ¼ teaspoon of table salt in an 8 oz glass of warm water. You may rinse **GENTLY** for the next several days.
4. **Oral Hygiene:** Regular oral hygiene should be maintained. Exercise care when brushing and flossing in the area of surgery. Brush the top of your tongue that day, but **DO NOT ATTEMPT** to brush any of the teeth involved in the surgery site. Excellent oral hygiene will keep the surgical sites clean and reduce the possibility of postoperative infection.
5. **Diet:** It is suggested that you maintain a liquid diet for the first day – soups, milk shakes, juices, cereals, puddings, etc. **DO NOT USE A STRAW**. Solid foods may then be gradually introduced as tolerated. A nutritional diet is essential for proper healing. **DO NOT SMOKE**-smoking can cause clot dislodging which is very painful and can delay healing.
6. **Medication:** Some postoperative discomfort may be expected. Have all prescriptions filled immediately. Prescription pain medication should be taken only as necessary. It is important that you follow the instructions written on your prescriptions. If unfavorable reactions occur, (nausea, vomiting, headache, rash, etc.), discontinue medication and call our office. Antibiotics should be taken as directed until finished.

Patients who take oral contraceptives (birth control pills) are advised that the antibiotics prescribed for your treatment may inactivate your birth control pill and render it **INEFFECTIVE**. If alternate means of birth control are not practiced, you have an increased risk of pregnancy while taking antibiotics.

GENERAL OBSERVATIONS

1. Swelling may increase until the 3rd or 4th post-operative day.
2. Trismus (tightness of the muscles) may cause difficulty in opening the mouth. Exercising and stretching the jaw will ease the tension and brings relief.
3. You may have a slight earache or sore throat for several days.
4. There may be a slight elevation of temperature for 24 to 48 hours. If the elevated temperature continues, drink plenty of fluids and telephone this office.
5. Your lips should be kept moist with a cream or ointment.
6. Rest is essential. Elevate the head by using one or two pillows.
7. Bruising or discoloration of the face, neck and upper chest may occur.

