

Smile Center Oral Surgery

Post Operative Instructions For Local

Care of your mouth after surgery has an important effect on healing. Swelling, discomfort and restricted jaw function are expected and should not cause alarm. These may be minimized by following the instructions below. Please read them carefully.

1. No rinsing, no spitting, no straws for the first 24 hours. Spitting or sucking cause bleeding to continue. Slight bleeding or oozing is normal for the next few days.
2. Smokers are advised not to smoke for at least 3 days following surgery. Smoking can cause bleeding and delay healing.
3. Replace your gauze pad every 30-40 minutes ONLY if there is active bleeding, which could last several hours. If bleeding is excessive, place a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. Once the gauze is light pink in color, you don't need it anymore. Do not lie down or sleep with gauze in your mouth (choking hazard).
4. Apply an ice pack 15 minutes on, 15 minutes off for the first 24-48 hours. Peak swelling should occur between the third and fourth day postoperatively and diminish slowly thereafter.
5. Soft foods and plenty of fluids today, nothing that requires chewing until the numbness is gone. Then soft foods are recommended for the next several days, gradually resume your normal diet as soon as possible.
6. You may brush your teeth before bedtime, but try to avoid the extraction area the first couple days.
7. Starting tomorrow, the mouth may be rinsed gently with warm saltwater, 4 times daily for one week (1/2 tsp. salt for 8 oz. of water). When doing this, pour the solution in your mouth and rock your head side to side, then let it drip out into the sink (no forceful spitting).
8. If you have sutures, they will come out on their own within 5-10 days.
9. Avoid overexertion and get adequate rest. Avoiding sports, exercise and strenuous activity for at least 2-3 days is generally recommended.
10. It is usually best to avoid routine or elective dental care (including orthodontic or hygiene visits) for approximately 2 weeks after surgery unless your doctor has advised otherwise.

Signs of infection include increased pain and swelling after 3 days, redness, warmth, drainage of pus, foul smell and/or fever. If these occur, contact our office at: 229-241-1010