



EXPERTISE
D E N T A L

Oral Surgery Post-Op Instructions

PAIN, SWELLING AND BLEEDING: Maintain pressure on gauze packs for one hour. If they become completely soaked before then, replace with new gauze. Do not rinse, spit, use straws, smoke, or brush your teeth for the first 24 hours. Spitting or sucking causes bleeding to continue, as does physical activity. Slight bleeding is expected for the first day. If bleeding is excessive, place a folded gauze pad or a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. Assume a semi-upright position using a couple of pillows. Apply an ice pack to the jaw immediately upon returning home and change it frequently. Continue this on and off for 24–48 hours. Peak swelling should occur between the second and third day postoperatively and diminish slowly thereafter.

DISCOMFORT: The most discomfort you will experience will occur as the anesthetic wears off – usually 1-2 hours after surgery. Do not wait for the pain to become severe before taking the medications, since the medicine requires 30-45 minutes to take effect. Pain will gradually diminish over the next few days. The maximum dose of any medicine is printed on the package, do not exceed.

INFECTION: You may experience an infection following the extraction. Signs of infection include increased pain and swelling after 3 days, redness, warmth, drainage of pus, foul smell, and fever. If these occur, contact our office.

DIET: A liquid or non-chew diet is recommended the day of surgery, and then soft foods high in vitamins and protein is recommended for the next several days. Increase your fluid intake. Gradually resume your normal diet as soon as possible.

NAUSEA: Do not take narcotic prescription pain medication on an empty stomach! Small sips of a carbonated drink will usually terminate nausea. Follow this with mild tea or clear soup, and then easily digestible foods like toast or Jello. Avoid greasy foods and milk products. Over-the-counter Dramamine® can be taken to reduce nausea. If nausea continues, contact our office.

ORAL HYGIENE: The day following surgery, the mouth may be rinsed gently with a warm saltwater solution (½ teaspoon salt per half glass of lukewarm water) after each meal and at bedtime. Do not use hydrogen peroxide rinses. The teeth should be brushed but avoid the site(s) of surgery. If absorbable sutures were used, they do not need to be removed.

SMOKING: Smoking causes bleeding and delay healing. You are advised not to smoke for 3 days following surgery.

REST: Avoid overexertion and get adequate rest for the following 24-48 hours. Avoiding sports, exercise, and strenuous activity for at least 2–3 days is generally recommended.

DENTAL CARE: 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.

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POST-OP VISITS: If you have been given an appointment for post-operative care, please return to the office as scheduled. If you are experiencing problems or have questions, we can usually arrange a post-operative visit on short notice. Please note that there are no additional charges for post-operative care visits.

***Please contact the office if: Bleeding is excessive and cannot be controlled, swelling is excessive, spreading or continuing to enlarge after 48 hours, or allergies or other reactions to medications occur.

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