



INSTRUCTIONS FOLLOWING TOOTH REMOVAL PROCEDURES

Bleeding: Leave the gauze pack over the surgical site(s), holding it in place with steady moderate biting pressure. Gauze packs can be replaced every 20-30 minutes, as they become saturated. Slight oozing is to be expected and may continue for 24 hours without need for alarm. If there is continued severe bleeding, follow instructions on second page under "excessive bleeding".

PROTECTION OF BLOOD CLOT: Avoid FORCEFUL spitting, using a straw, vaping, and smoking for the first 48 hours. This action may dislodge the clot or start bleeding and possibly prolong healing.

ACTIVITY: A semi-reclining position and rest for several hours following oral surgery are recommended. Avoid strenuous activity for the first day following surgery. Sleep with your head elevated the night of your surgery and cover your pillow with a towel to protect it from blood tinted saliva. Do not drive for 24 hours following sedation.

SWELLING AND DISCOLORATION: Some swelling and discoloration of the face and neck in varying degrees often follow surgical procedures within the mouth. Call our office if swelling goes away and returns or continues to worsen after the third day following surgery.

RINSING: Do not rinse or use a mouthwash for 24 hours following surgery. Starting the day after surgery, rinse with warm salt water (1/2 teaspoonful of salt in 8oz of warm water) after meals. Do not use any over the counter mouthwashes. You are advised to carefully rinse your mouth for the first two days and to vigorously rinse for the next 5-7 days.

HYGIENE: Starting the day after surgery, clean teeth carefully with a toothbrush (be careful to avoid the surgical site for the first 3-4 days).

MEDICATIONS: Following oral surgery, some discomfort is normal. Take all medications as prescribed. No prescriptions will be called in after hours. If you anticipate the need for a refill on your medication or a new prescription, please contact our office during regular business hours. Please have the pharmacy phone number available before you call. Narcotic pain medication CANNOT be called in.

DIET: Adequate food and liquid intake after surgery are most important. Try to eat a normal diet, avoiding hard abrasive foods. If, for some reason you do not feel that you can chew solid food, make up for this by drinking plenty of fluids. Chew on the side opposite that of the surgery. Avoid hot liquids the remainder of the day of your surgery; they may start or increase the amount of oozing you experience.

IF YOU EXPERIENCE ANY UNUSUAL PROBLEMS OR CONCERNS, PLEASE CALL 864-479-7100



SUTURES / STITCHES: You may have sutures placed in your mouth to control the bleeding & promote healing. They will dissolve on their own over 3-5 days, some may stay longer or dissolve quicker.

SYRINGE: If you been given an irrigation syringe, beginning on day 2 after surgery fill it with salt water to flush the lower molar sockets. Use syringe 1-2 times a day for 3-4 weeks (until socket is closed).

EXCESSIVE BLEEDING (ONLY follow these instructions if experiencing severe bleeding):

- Take a large amount of gauze or 2 tea bags moistened with water & place over bleeding area & close mouth, applying constant pressure.
- Remain quiet & in sitting position for 20-30 minutes.
- Repeat steps 1-2 until bleeding is controlled.
- After these directions have been followed in detail & excessive bleeding persists, you should call our office.

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