



(303)989-1423 • Union Blvd #495, Lakewood, Co 80228

## **Oral Surgery Postoperative Instructions**

### **Pain and Swelling:**

- Take medications as prescribed.
- If pain is severe after 3 days or if you have fever/chills, contact the dental clinic.
- Swelling is normal. Expect maximum swelling 2-3 days after your surgery.
- To help keep swelling at a minimum, use ice packs on your cheeks for the first 24 hours and keep your head propped up for the first 3 days.

### **Bleeding:**

- Keep biting pressure on the gauze packs placed in your mouth for at least 1 hour after surgery.
- If bleeding begins again, use another moistened gauze pack.
- Slight bleeding or oozing normally persists for the first 24 hours.
- Do not rinse your mouth or brush your teeth the day of surgery.
- After 24 hours rinse with warm salt water for the next three days multiple times a day.  
(½ tsp salt in 8 oz. water or any prescribed mouthwash)

### **Healing Process:**

- To protect the clot that forms in the socket, **do not suck through a straw, spit forcibly or drink carbonated beverages for 1 day**
- **No smoking for 2 days**

### **Sutures:**

- They will dissolve in 7-10 days unless you have been instructed that they need to be taken out. If they will not dissolve on their own they will be taken out at a separate appointment.

### **Diet:**

- Eat soft and non spicy foods.
- Do your best to avoid chewing near the extraction sites.

### **Return to Our Office if:**

- You cannot keep food down.
- The pain is severe after 3 days with no relief.
- You have fever or chills, increased swelling, or signs of infection.

**If you have any questions or concerns please call our office at 303-989-1423**