

POST SURGICAL INSTRUCTIONS

ONCE AT HOME:

- ❖ Place ice packs to face immediately to prevent swelling. Ice should be used the first 12-72 hours post operatively. If swelling persists after 72 hours apply warm moist heat packs.
- ❖ Have the patient rest quietly on his/her side. (Getting up and moving about can cause nausea)

ONE AND DONE HALF HOURS AFTER SURGERY:

- ❖ Remove the gauze packs.
- ❖ Have the patient drink at least ½ glass of clear liquid. (Ice tea is recommended, provided the patient likes tea.)
- ❖ NO STRAWS PLEASE!
- ❖ Give the first pain pill.
- ❖ Replace moist gauze packs ONLY if there is profuse bright red bleeding that persists.

EVENING OF SURGERY DAY:

- ❖ If clear liquids are not satisfying, the patient may have Ramen noodle soup or broth with soda crackers.
- ❖ Start antibiotics for the full number of days prescribed.

CALL AND REPORT:

- ❖ BLEEDING THAT CANNOT BE CONTROLLED
- ❖ TEMPERATURE OR RASH
- ❖ PERSISTENT VOMITING
- ❖ ONSET OF SEVERE PAIN 3-5 DAYS AFTER SURGERY
- ❖ ANY QUESTIONS OR CONCERNS

DO NOT:

- ❖ DO NOT drink warm liquids until numbness wears off.
- ❖ DO NOT (for one week) smoke, drink from a straw, spit, drink carbonated beverages. These are all causes of dry sockets.
- ❖ DO NOT drink alcohol or drive while using pain medication.
- ❖ DO NOT rinse your mouth for the first 24 hours post operatively.
- ❖ DO NOT take pain medication on an empty stomach.
- ❖ DO NOT use milk or ice cream for three days.
- ❖ DO NOT eat popcorn, chips, peanuts or other sharp food for three weeks.

DO:

- ❖ Drink plenty of fluids.
- ❖ Maintain a clear liquid diet the day of surgery only. Begin a soft diet the next day. IT IS IMPORTANT TO STAY WELL HYDRATED AND NOURISHED WHILE ON MEDICATIONS.
- ❖ Take pain medications and antibiotics as prescribed.
- ❖ The day after surgery begin rinsing mouth after eating and bedtime with warm salt water. DO NOT SWISH OR SPIT. Continue rinsing as directed for the next 2-3 weeks. (Food in sockets is the greatest source of infection.)
- ❖
- ❖ Brush teeth carefully (beginning the day after surgery) being sure not to dislodge the clots.