**Post Oral Surgery Instructions**

You have undergone a procedure which has been traumatic to the oral tissue and requires some special home care for fast and uncomplicated healing. Bite down on the gauze provided for 45 minutes or until the bleeding subsides, replacing the gauze every 20 minutes. Some minor oozing may continue for 24 hours. Pressure will stop almost all bleeding.

**For the Rest of the Day:**

1. **DO NOT SPIT**
2. **DO NOT RINSE YOUR MOUTH OUT**
3. **DO NOT SMOKE, Refrain for 4 days.**
4. **DO NOT DRINK HOT LIQUIDS**
5. **DO NOT EXERCISE-GET PLENTY OF REST**
6. **DO NOT DRINK THROUGH A STRAW**
7. **EAT ONLY SOFT FOODS, NO SPICY OR EXTREMELY HOT FOODS**
8. **DO NOT BRUSH AREA OF SURGERY**

All of the above are to help retain the blood clot and to help stop bleeding. If you follow these instructions you will have a minimum of post-operative discomfort.

**Medications:**

* Take pain medication and antibiotics as directed by the dentist and pharmacist.
* **DO NOT** mix prescribed medication with other medication unless instructed.
* If prescribed a narcotic pain medication, take it if you need, but be aware of the side effects including but not limited to nausea, dizziness, and drowsiness.
* **DO NOT DRIVE WHILE TAKING NARCOTICS**
* **DO NOT DRINK ALCOHOL WITH NARCOTICS- It could kill you!**

**Swelling:**

* Swelling after a surgical procedure is a normal process of healing and is expected.
* Expect swelling to increase up to 72 hours, and in some cases even longer.
* To minimize swelling following procedure, place an ice bag over the affected area for 20 minutes, then resting for 20 minutes. Continue this process for the day to help reduce swelling.

**Pain Control:**

* For minor pain use Ibuprofen(Motrin) or Acetaminophen(Tylenol) following instruction on bottle or given by the doctor.
* If you are experiencing undue pain 48 hours after the procedure, please contact us, as we can apply a dressing to reduce the pain.

***If there are any questions, problems, or concerns please feel free to call us at (619) 282-7060***