

## **SWELLING**

### **SWELLING / DISCOMFORT**

Apply an ice bag to your cheek(s), 20 minutes on, 20 minutes off, for the first 3 days. This will help minimize swelling and provide comfort. An alternative to an ice bag is a frozen bag of peas that easily conforms to the face. These may be placed inside a hooded sweatshirt. On the fourth day, cold or heated packs are used, whichever promotes comfort.

### **TO CONTROL POST SURGICAL BLEEDING**

Bleeding for a number of hours following oral surgery is normal. Blood tinged saliva may be seen for 48 hours. The gauze pad should be replaced every 30 minutes, until the active bleeding has stopped. If active bleeding persists for more than 4 hours, rinse your mouth gently with ice water. Then moisten a tea bag with warm water, wrap it in gauze, and place it over the area that is bleeding, holding it firmly between the teeth for 30 minutes. Repeat this procedure if necessary.

### **RINSING YOUR MOUTH**

Starting the evening of surgery, gently rinse your mouth with a solution of 8 ounces of warm water and 1/2 teaspoon of salt. Do not swish vigorously because this may dislodge the blood clot and delay healing. This can be done 3-4 times per day and will flush away food particles which may be lodged around the surgery site. You should resume brushing all remaining teeth after surgery within 24 hours.

## **DIET / EXERCISE**

Try liquids and soft foods first, soups, juices, pudding, jello, etc. Slowly progress to what you feel can be gently chewed. Do not drink through a straw for the first day following surgery as this disturbs the normal clotting of blood. You may resume exercising when you are eating a proper diet to support your activities. Exercise may increase pain at the surgical site.

## **SMOKING**

Smoking is not advisable for several days following surgery. Smoking may delay wound healing, increase post-operative discomfort, and cause a dry socket.

## **MEDICATION**

Moderate discomfort may be relieved in the adult or teenager by the regular use of Naproxen (Aleve) or Ibuprofen (Advil, Motrin). Please follow the manufacturers dosing instructions. If stronger medication is needed, you may take the prescription prescribed by your doctor. Antibiotics are not routinely prescribed. If prescribed, complete the prescription. Antibiotics may affect medications used for birth control.

## **NAUSEA**

Nausea can occur as a result of anesthesia, narcotic medication, or swallowed blood. To help relieve nausea, take one ounce of a carbonated beverage such as ginger ale every hour for five or six hours. Then drink tea and clear broth before trying soft foods. If you are nauseated, avoid taking pain medications containing narcotics or aspirin. An anti-nausea medication may be prescribed by your doctor if necessary.

## **ANESTHESIA PATIENTS**

- • • Do not return to work or school and refrain from strenuous activity until the day following surgery . Do not drink alcoholic beverage for 24 hours after your surgery . Do not operate machinery of any kind for 24 hours after your



surgery, this includes but not limited to, automobiles, lawn mowers, snow blowers, power tools, etc. Be aware fainting/falling the first 24 hours after anesthesia is possible. Fainting is treated by lying flat on a couch/floor, elevating the legs and placing a cool, damp cloth on the forehead. Have someone stay with you the first post-operative evening. More detailed Post operative inst

