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**Post-surgical Instructions for Oral Surgery**

You have just undergone a surgical procedure and, depending on the extent of the procedure, you can expect some swelling, discomfort and bleeding. The following instructions are designed to make your post-surgery period as pleasant as possible and to try to prevent minor complications.

1. Hold firm pressure on the gauze pad in your mouth for 45 minutes to control bleeding. Change the gauze pack every 45 minutes until bleeding stops. Bleeding in the form of oozing may continue beyond the 24 hour period in some individuals without need for alarm, but most bleeding should be decreased within 4 to 6 hours. If bleeding seems excessive after this time, (a) remove all masses of protruding, clotted blood, (b) fold a clean gauze, soaked in ice water, and bite firmly in the area of bleeding, and (c) if you are at all concerned please call me at the office.
2. Place an ice bag on the side of the face over the area upon which the surgery has been performed. (If surgery was performed on both sides, rotate ice pack side to side every 30 minutes for the next 6 hours.) Swelling may occur to varying degrees depending on the surgery performed and the individual patient. approximately 24 hours after surgery, if swelling has occurred, place heat in the form of a heating pad, hot water bottle, or warm, moist towel on the swollen area of the face. Continue the heat as long as the swelling is present.
3. Care of the remaining teeth should be maintained during the post-operative period, being careful of the surgical areas. Care of the surgical areas should be started 24 hours after surgery and consist of rinsing with warm, salty water 3 times daily (1/2 teaspoon table salt in 8 ounces of warm tap water).
4. Your numbness will start wearing off approximately one hour after you arrive home from your surgical procedure. Your first pain tablet should be taken then. It should be taken as directed: (a) with a carbonated beverage **or** (b.) with a carbonated beverage and 2 aspirin, Tylenol, or ibuprofen. Moderate discomfort is to be expected following surgery. The prescription you have been given should hold this to a minimum and prevent extreme pain. If throbbing pain, toothache or earache should persist beyond 3 days, please call my office.
5. Patients undergoing an oral surgery procedure should rest 24 to 48 hours following the surgery. The head should be kept elevated (i.e., on 2 or 3 pillows) even at night while sleeping. It is not uncommon for bed clothes to be spotted with a mixture of blood and saliva the morning following surgery, so sleep on a towel.
6. Adequate nourishment must be maintained in the post-surgery period. A liquid or at least a soft diet should be taken at first. Avoid hot liquids and solid foods until local anesthesia has worn off. Liquids may be given after patient has arrived home. Mild shakes, soups, broths, fruit juices, ice cream, Jello, custard pudding, well cooked vegetables, and oatmeal and cream of wheat cereals are suggested.
7. Change in diet and use of pain medication may produce constipation in some patients. A mild laxative may be necessary to maintain normal "regularity."
8. Removal of deeply impacted teeth temporarily weakens the lower jaw. If you have had such a tooth removed, care should be exercised for several months until the area has had time to heal and strengthen itself. Not only should trauma be avoided, but also biting hard foods like hard candies, large pretzels, or ice.
9. If a denture prosthesis has been inserted, **do not remove it for any cause** until the next day.
10. For the first 48 hours following the surgical procedure **avoid** the following:
  - Smoking
  - Use of straws with liquids
  - Strenuous activity