



Post-Oral Surgery Instructions

1. Do not smoke or chew for at least 1 week.
2. Do not drink alcoholic beverages for 48 hours or while taking any prescribed medication.
3. Do not rinse your mouth with a swishing action, rinse passive by rolling your head from side to side.
4. Do not spit! Simply let the fluid drop from your mouth into a sink and then wipe your mouth dry.
5. Do not suck on anything (i.e., straws), for 48 hours
6. Remove gauze pack 20 – 30 minutes after surgery.
7. Your saliva will be the color of blood for about 24 hours.

THIS IS NORMAL

BLEEDING

Some oozing of blood is normal for the first 12-24 hours. If bleeding continues, place a moist tea bag over the wound and bite to hold pressure for 30 minutes. Call the dentist if bleeding persists.

PAIN

In case of pain take the prescribed medication as directed. Do not take more than directed. Should the pain continue, take two extra strength Tylenol caplets and then one caplet every two hours if necessary. Do not place any medication directly on any area of the mouth unless told to do so by the dentist.

SWELLING

To minimize any swelling that may occur, apply ice packs to the side of the face nearest the surgery for 10-minute intervals- (15 minutes on and 15 minutes off), for the first 36- 48 hours following surgery. After the first 48 hours, apply warm moist heat.

DIET

Drink plenty of water and fruit juices. It may be uncomfortable to eat, but healing will be much quicker as you return to your normal chewing patterns. If you find it difficult to eat normally during the first few hours, a high protein drink such as Carnations Instant Breakfast or Ensure will help provide your body the nutrients necessary for proper healing.

ORAL HYGIENE

Brush and floss your teeth as directed by your dentist. In the area of surgery you must be gentle, but it is essential that you keep the area as clean as possible.

General Dentistry for Children & Young Adults

Reynolds/Reynolds, DDS, PLLC

Timothy Reynolds, DDS • Thomas Reynolds, DDS
210 Valley Mall Pkwy. • East Wenatchee, WA • (509) 886-2500 • Fax: (509) 886-3600