

## **INSTRUCTIONS FOLLOWING EXTRACTIONS OR MINOR SURGERY**

### **Bleeding:**

You can expect some bleeding or oozing for up to 8 hours after surgery as the blood clot forms. This may vary for each individual. Don't be alarmed, a little blood mixed with saliva can seem like a lot. Bite on gauze for thirty minutes, then remove and examine for **active bleeding**. Replace with new gauze until active bleeding has diminished. A moistened tea bag may also be used instead of the gauze supplied.

### **Swelling:**

Expect swelling to occur during the normal healing process. To reduce the amount of swelling, ice packs applied to the face are effective for the first 48 hours. The swelling may increase for the first 48 to 72 hours and then begin to subside. Warm, moist heat should be applied after 48 hours to reduce the swelling and provide comfort.

### **Pain:**

Pain for several days following surgery can be expected and is normal. Pain medication should be taken as prescribed by the doctor. Avoid driving, exercising, working and general decision making while taking narcotic medication. Taking **pain medication** on an empty stomach **may upset your stomach and cause nausea &/or vomiting**.

### **Diet:**

While numb, softer (non-chew) foods should be eaten. Examples include soup, pudding, and ice cream. Follow your regular diet as tolerated after numbness has worn off. Drink plenty of fluids.

### **Hygiene:**

Do not rinse your mouth vigorously without clotting it complete. Gentle rinsing after 24 hours with warm salt water about 6 times a day is soothing and helps decrease swelling. Clean your mouth gently with a toothbrush after the first day following the surgery, but avoid disturbing the blood clots with the toothbrush.

### **Smoking/Exercising:**

Avoid vigorous exercising for three days or longer if instructed by your doctor. **Absolutely avoid smoking** to prevent disturbing the healing process.

### **Bruising:**

There may be some discoloration of the skin during healing. First, you may notice a black-blue color, which may turn yellow and disappear in a few days.

**If any problems occur or any questions  
arise, please contact our office (513) 791-0550**

## **POST-OPERATIVE INSTRUCTIONS FOR THIRD MOLAR EXTRACTIONS**

### **Bleeding:**

You can expect some bleeding or oozing for up to 8 hours after surgery as the blood clot forms. Don't be alarmed, a little blood mixed with saliva can seem like a lot. **Bite on gauze for thirty minutes**, then remove and examine for active bleeding. **Replace with new gauze** until the active bleeding has diminished. A **moistened tea bag** may also be used instead of the gauze supplied.

### **Swelling:**

Expect swelling to occur during the normal healing process. To reduce the amount of swelling, packs applied to the face are effective for the first 48 hours. The swelling may increase for the first 48 to 72 hours and then begin to subside. Warm, moist heat should be applied after 48 hours to reduce the swelling and provide comfort.

### **Pain:**

Pain for **several days** following surgery can be expected and **is normal**. Pain medication should be taken as prescribed by the doctor. Avoid driving, exercising, working and general decision making while taking narcotic pain medications. Taking **pain medicine** on an empty stomach **may upset your stomach** and **cause nausea &/or vomiting**.

### **Diet:**

Softer (non-chew) foods should be eaten the first day. Examples include soup, pudding, and ice cream. Eating after the first day is not restricted but your jaw may be sore, so eating soft foods such as pasta may be necessary for a few days. **Drink plenty of fluids.**

### **Hygiene:**

Do not rinse your mouth vigorously until clotting is complete. Gentle rinsing after 24 hours with warm salt water about 6 times a day is soothing and helps decrease swelling. Clean your mouth gently with a toothbrush after the first day following the surgery, but avoid disturbing the blood clots with the toothbrush.

### **Smoking/Exercising:**

Avoid vigorous exercising for five days or longer if instructed by your doctor. **Absolutely avoid smoking**, if possible to help prevent disturbing the healing process.

### **Bruising:**

There may be some discoloration of the skin during healing. First, you may notice a black-blue color, which may turn to yellow and disappear in a few days.

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arise, please contact our office (513) 791-0550**