





## ORAL SURGERY HOME CARE INSTRUCTIONS

AN IMPORTANT ASPECT OF ANY ORAL SURGERY PROCEDURE IS THE AFTERCARE. PLEASE FOLLOW THESE INSTRUCTIONS TO HELP WITH PROPER HEALING:

 PLACE PRESSURE ON THE AREA BY BITING GENTLY ON A ROLL OF GAUZE FOR ONE HOUR. (ONLY REPLACE GAUZE IF IT IS SATURATED) → YOU MAY NEED TO REPLACE THE GAUZE A COUPLE TIMES IF ACTIVE BLEEDING IS STILL PRESENT (BLOOD ACTIVELY OOZING OUT OF THE EXTRACTION SITE). IF ACTIVE BLEEDING STILL PERSISTS AFTER ONE HOUR – PLACE A MOIST TEA BAG (CONTAINS TANNIC ACID WHICH HELPS WITH CLOTTING) OVER THE EXTRACTION SITE FOR 30 MINUTES AND APPLY FIRM PRESSURE → IF BLEEDING IS STILL PRESENT AFTER THIS, CONTACT OUR OFFICE IMMEDIATELY.

### ONCE THE CLOT HAS FORMED:

 EAT SOFT FOODS FOR THE FIRST 2 DAYS. ANY CHEWING MUST BE DONE ON THE SIDE AWAY FROM THE SURGERY SITE


 DO NOT SPIT OR DRINK WITH A STRAW. BRUSH YOUR TEETH BUT STAY AWAY FROM SURGERY SITE.


 DO NOT SMOKE FOR AT LEAST 48 HOURS AFTER THE EXTRACTION

 NO VIGOROUS ACTIVITIES FOR 24 HOURS

 DO NOT USE ASPRIN. USE IBUPROFEN, TYLENOL OR PRESCRIPTION PAIN MEDS AS PRESCRIBED.

 GENTLY SWISH WITH WARM SALT WATER 2-3X/ DAY STARTING **24 HOURS AFTER THE EXTRACTION**

 DRINK 6-8 GLASSES OF WATER THE FIRST DAY (IMPORTANT FOLLOWING LOSS OF BLOOD DURING SURGERY – ESPECIALLY WHEN MULTIPLE EXTRACTIONS ARE COMPLETED)

 SWELLING IS A NORMAL PART OF ORAL SURGERY. USE AN ICE PACK FOR 10 MINUTES ON, THEN 10 MINUTES OFF FOR THE FIRST 24 HOURS FOLLOWING AN ORAL SURGERY PROCEDURE.

 IF CHLORHEXIDINE WAS PRESCRIBED, YOU WILL START USING THIS 48 HOURS AFTER THE PROCEDURE AND CONTINUE FOR 1-2 WEEKS .

**\*\*SHOULD YOU EXPERIENCE EXTREME PAIN or OTHER PROBLEMS, PLEASE CONTACT OUR OFFICE at 316-260-6220. If the emergency is after normal business hours, PLEASE CALL THE OFFICE NUMBER FOR INSTRUCTIONS ON HOW TO REACH THE ON CALL DOCTOR. IF EXTREME SWELLING, PAIN, OR DIFFICULTY BREATHING, PLEASE GO DIRECTLY TO NEAREST EMERGENCY ROOM OR CALL 911.**