

Sterling Dental Excellence  
Family & Cosmetic Dentistry  
4333 Metropolitan Parkway, Suite A  
Sterling Heights, MI 48310  
(586) 264-0650

## POST OPERATIVE INSTRUCTIONS

1. **PAIN:** Discomfort following oral surgery usually begins as the local anesthetic wears off. Take the prescribed pain medication as ordered at this time. If pain control is not adequate you may supplement the prescribed medication with aspirin, Tylenol or Advil.
2. **SWELLING:** This is common after oral surgery and may continue to increase during the first 24 to 72 hours. During the first 48 hours cold compresses or ice bags may be applied to the affected areas, 20 minutes on and 20 minutes off to minimize the swelling. Starting on the 3rd postoperative day warm compresses can be used to facilitate resolution of swelling.
3. **BLEEDING:** Some oozing of blood is normal during the first 24 hours following oral surgery. If there is a persistent brisk ooze, bite down on **MOIST GAUZE** packs with steady firm pressure for approximately 1/2 hour. Continue the gauze packs every 30 minutes until the flow of blood stops.  
**CAUTIONS: DO NOT SLEEP WITH GAUZE IN THE MOUTH**  
The presence of bloody saliva without active bleeding is no cause for alarm. **Vigorous** rinsing and spitting should be avoided during the first 48 hours. Sucking through a straw or smoking should be avoided. Any of these things could disturb the blood clots.  
  
After the first 24 hours gently rinse with a weak salt water solution (1/4 teaspoon salt in a glass of warm water) 3 to 4 times daily and after meals.
4. **MEDICATION:** When taking narcotic pain medication or sedatives you should not drive a car, work dangerous equipment, drink alcohol, or assume critical responsibilities. When taking an antibiotic you should finish the prescription unless there is a complication factor (notify the Dentist). Please be aware that penicillin as well as some other common forms of antibiotics may reduce the effectiveness of oral contraceptives. You should consider another form of birth control when on these medications.
5. **DIET:** Food intake is generally regulated by the comfort of chewing. You should avoid foods which are brittle, hot or spicy for the first 48-72 hours. Soft foods and liquids should always be taken freely. Do not use a straw for 48

hours.

6. ACTIVITY: After surgery, care should be taken to minimize the risk of falling and injuring yourself, particularly on stairs or in the bathroom. It is not necessary to remain indoors following uncomplicated removal of teeth. However, bed rest during the first 24 hours after prolonged or extensive oral surgery will greatly minimize pain, swelling and bleeding. Over exertion may initiate or intensify pain. Avoid excessive physical activity at work or play.
7. The following anticipated situations should cause no concerns:
  - a. Slight oozing of blood for 24 hours.
  - b. Swelling which occurs during the first 24 hours.
  - c. Moderate discomfort which can be controlled by prescribed pain medication.
  - d. Discoloration or bruising of the skin or the face around surgical site.
  - e. A slight elevation of temperature during the first 24 hours.
8. If you find it necessary to contact the doctor, please call as early in the day as possible so that time may be scheduled for you to be seen if necessary. The doctor should be contacted if any of the following complications arise:
  - a. Profuse, uncontrollable bleeding.
  - b. Severe, uncontrollable pain.
  - c. Swelling which begins after the first 48 hours following surgery.
  - d. A markedly elevated temperature.
  - e. Any generalized skin eruption.
  - f. Any situation which is not covered by these instructions and which you feel should need attention.