POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY

Bard J. Levey D.D.S., PLLC

1. **Bleeding Management**:
    - **Bite Gently**: Apply gentle pressure with a gauze pad on the surgical site for about 30 minutes to control bleeding. Use moistened tea bags instead of gauze if you like.
    - **Avoid Spitting**: Don't spit or rinse your mouth vigorously for the first 24 hours as this can dislodge the blood clot and increase bleeding.
2. **Pain Management**:
    - **Medication**: Take prescribed pain medication or over-the-counter pain relievers as directed. Avoid aspirin unless specifically instructed, as it can increase bleeding.
3. **Swelling and Bruising**:
    - **Ice Application**: Use ice packs for 15-20 minutes at a time, several times a day for the first 24 hours to minimize swelling and bruising.
    - **Elevation**: Keep your head elevated, even while sleeping, to help reduce swelling.
4. **Diet**:
    - **Soft Foods**: Stick to soft foods and liquids for the first few days. Keep good nutrition, eat plenty of protein. Examples include yogurt, cottage cheese, pudding, applesauce, and mashed potatoes.
    - **Avoid Hot Foods and Beverages**: Hot items can dissolve blood clots and increase the risk of bleeding.
    - **Hydrate**: Drink plenty of fluids but avoid using a straw as sucking can dislodge the blood clot.
5. **Oral Hygiene**:
    - **Gentle Brushing**: Brush your teeth gently, avoiding the surgical area. You can usually resume regular brushing after the first 24-48 hours.
    - **Rinsing**: After the first 24 hours, rinse your mouth with a warm salt water solution (1/2 teaspoon of salt in 8 ounces of water) to keep the area clean and promote healing. Avoid commercial mouthwashes that can irritate the area.
6. **Activity**:
    - **Rest**: Take it easy and avoid strenuous activities for at least 24-48 hours.
    - **Avoid Smoking x 24 hours +**: Smoking can impair healing and increase the risk of complications, so avoid smoking during recovery.
7. **Follow-Up**:
    - **Appointments**: Attend any scheduled follow-up appointments to ensure proper healing and address any concerns.
8. **Watch for Complications**:
    - **Signs of Infection**: Contact your oral surgeon if you experience severe pain, excessive swelling, fever, or pus at the surgical site.
    - **Dry Socket**: If you experience severe, throbbing pain a few days after surgery, it could be a dry socket, and you should contact your oral surgeon.

Don't hesitate to call with any questions or concerns. 518-351-3090.