

## POST ORAL SURGERY INSTRUCTIONS

1. **First half hour:** Make sure the gauze remains in place. Do not touch it with tongue-or fingers.
2. **After the thirty minutes, have past:** Wash your hands and you may remove gauze.  
Apply an ice bag or cold towel to your cheek or jaw for twenty-four hours: go to bed with it the evening of surgery and try to keep it on consistently.
3. **Twenty-four hours after surgery:** You may rinse your mouth gently with warm salt water or the commercial mouth wash of your choice. It is advisable to rinse after meals and before bedtime. Keep the surgical site as clean as possible.
4. **Oozing:** A little bleeding or oozing is normal, If minor bleeding continues after you have removed the gauze, it can be controlled by minor pressure. Take an ordinary tea bag, moisten it with warm water, express the excess water from the bag by squeezing it then place it at the surgical site, biting with pressure for 40-60 minutes. This will control most bleeding. If bleeding persists, then please call our office.
5. **Swelling:** After twenty-four hours, if there is swelling or jaw stiffness, apply heat to the outside of your face using a warm, moist dressing. Warm water bottle or a heating pad with a moist towel is sufficient. It is normal to have a variable amount of swelling depending on the difficulty of the surgery. It is possible for swelling to persist 3-4 days.
6. **The inability to open mouth:** It is normal, for the inability to open your mouth widely for a 3-5 days period immediately following surgical removal of impacted teeth
7. **Sharp bony edges:** If you feel something hard when you place your tongue on the surgical site, you may think it is part of the tooth. This is the hard bony wall, which originally supported the tooth. **Leave it alone** and it will heal nicely, occasionally your tongue will also feel the sutures at the surgical site. **Please ignore them.**
8. **DIET:** It is necessary to maintain a relatively, normal diet throughout the course of healing. For the first few days' soft food, cool or room temperature only, may be eaten. Chewing should be done predominately on the site opposite the surgical site. It may be necessary to stick to liquids for the first day if chewing is uncomfortable. High protein foods and liquids are desirable for 3-5 days post surgery.
9. **MEDICATION:** Take medications as instructed. Generally, medications should not be taken on an empty stomach. **IMPORTANT:** Driving or operating equipment while taking narcotics (pain medication) can be very dangerous. In addition, you should not consume alcohol while taking narcotics. If antibiotics are prescribed, take them as directed until **ALL ARE GONE**, as long as there are no adverse reactions or discomfort (itching, redness, etc) If any other questions arise, please do not hesitate to call the office:

Doctors Answering Service: (219) 979-3460

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