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Oral Surgery Post-Operative Instructions

Some bleeding or oozing up to 24 hours after oral surgery is common. However, you can minimize this by firmly biting on moist gauze for at least one hour after surgery or until most oozing stops. Please limit physical activity for the first day after surgery.

For persistent minor bleeding (over 6 hours) biting on a moist tea bag will help.

Swelling

Some swelling occurs after most surgical procedures and after wisdom teeth surgery. The amount of swelling is usually proportionate to the difficulty of the surgery performed and reaches its maximum in about 48 hours and begins to diminish after. A small amount of residual swelling may persist a week or more after surgery. However, if swelling increases after that or is accompanied by drainage, please contact us.

You can minimize swelling by:

- a) Keeping your head elevated, especially when sleeping
- b) Using ice or cold packs on the face adjacent to the surgery site during the first 8 hours after surgery. Use cold for 10 minutes on, 10 minutes off.

Pain

Post-operative soreness and pain is common after oral surgery. In most instances it reaches a peak within the 24-48 hours after surgery, and then diminishes with time.

Normally, you will be given either a prescription for pain medication or specific recommendations for non-prescription drug use. Please follow those instructions and if pain is still not adequately controlled, give us a call.

Diet

After initial bleeding stops, it's best to ingest lukewarm or cold food and drinks to prevent the blood clot from dissolving. The next day, a regular diet is fine provided you do not chew food on the surgical site until healing is complete (around 1-2 weeks).

Oral Hygiene

Your surgical site must be kept clean in order to promote rapid healing and avoiding infection. Avoid brushing the surgical site the first 2 days.

The next day, you can rinse your mouth after every meal with lukewarm salt water containing 1 teaspoon of salt per 8 ounces water. Non-alcohol mouthwash can also be used after the first day.

Avoid

Smoking, spitting, rinsing, or drinking through a straw after at least 24 hours after surgery as these habits interfere with healing.

The following conditions may occur after removal of wisdom teeth

Pain, swelling, and earaches
Difficulty opening your mouth (trismus)
Numbness of your lip or tongue
Soreness of corners of mouth
Bruising of your face, neck, and chin

Please contact us if you have any other questions or concerns! We are here to help you.