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## HOME CARE AFTER ORAL SURGEY

**Bleeding:** Bleeding after oral surgery is normal, see below for after care instructions.

1. Bite down on gauze to apply pressure to the extraction area for 45-60 minutes to stop the initial bleeding. Replace gauze after an hour if there is continued bleeding (be sure to position gauze directly over the operative site to be effective). Again, you will apply pressure for an additional 30-60 minutes. Repeat as necessary.
2. Avoid spitting for 24 hours as this too will stimulate bleeding. It takes 24 hours for a mature clot to form. Do not use straws to drink liquids.
3. If there is persistent bleeding, wrap a tea bag in moistened gauze and again apply pressure by biting the gauze. **IF THIS FAILS, CALL TO SPEAK WITH THE DOCTOR.**

**Swelling and Discoloration:** It is common for swelling to develop after any surgical procedure. Swelling may not be evident immediately after oral surgery. It usually takes 24 hours for swelling to be noticeable and a full 72 hours for it to reach its peak. During the first 72 hours after surgery, you may be advised to apply cold packs to your jaw (20 minutes on/20 minutes off) as much as possible during waking hours. If sleeping or reclining, your head should be elevated to about 45 degrees using two or three pillows to sleep on. After 48 hours you should begin to apply moist warm heat every 2-3 hours for 5-10 minutes to bring the swelling down. This can be done with a washcloth soaked in warm water and by using warm salt water to rinse your mouth as well. If you develop facial discoloration, it is temporary and will resolve after 7-10 days in most cases.

**Diet:** Clear liquids can be taken one hour after oral surgery (no straws). A liquid or semi-liquid diet can begin 2-3 hours after oral surgery if tolerable. You should not be chewing. Continue a soft diet for 7-10 days.

**Oral Hygiene:** Tomorrow begin rinsing your mouth every 2-3 hours with warm salty water every two to three hours and after each meal. You may be instructed to brush your teeth. If so, do this gently with a soft brush and avoid surgical sites.

**Prescriptions:** Take as directed. Never mix alcohol with any narcotic pain relievers as this can result in serious or even fatal complications. Never drive while taking narcotic medications. If you have had intravenous sedation, you should not drink or drive for the next 24 hours. You may be advised to stay home for a period of recuperation if taking narcotic analgesics. You may be instructed to take antibiotics with food. All drugs have potential side effects including allergic reactions (rash or wheezing), gastric upset, light headedness, etc. If you experience any problems or have concerns, call the office.