

Littleton Dental
POST OPERATIVE ORAL SURGERY INSTRUCTIONS

Mouth Rinse

Do not rinse your mouth today. Use no alcohol, tobacco, or carbonated drinks for 24 hours. Tomorrow begin using a solution of ½teaspoon of salt in a glass of water as needed to freshen your mouth. Resume brushing of remaining teeth tomorrow.

Bleeding

Oozing may occur for several hours. Spitting and use of straws are not advisable as they provoke oozing. If bleeding is more than slight, follow these directions:

- With gauze, remove all excess blood clot from surface wound.
- Use sterile gauze or a tea bag dipped in hot water over the bleeding area only and bite down to exert pressure on the bleeding area. Hold this pack in place firmly, so that no blood escapes for 30 minutes. Repeat this procedure if necessary.

Pain

Take two aspirin or Tylenol tablets with milk or water every 2 or 3 hours if needed for the pain. If prescriptions were given, use as directed.

Swelling

The swelling that is normally expected is usually in proportion to the surgery involved. This swelling may be minimized by the immediate use of ice or cold packs. Place pack on your face continually for a few hours. Prolonged use is of no value. The swelling should be the greatest the second or third day after surgery then slowly recedes.

Discoloration

You may develop black and blue tissue areas. These are not bruises. They are the result of bleeding into the tissue and are of little significance.

Diet

Begin a high calorie, high protein diet within a few hours of surgery. If solid food cannot be taken, soft nutritious foods such as a soft-boiled egg, chopped meats, custards, thick soups, mild or liquid dietary supplement should be substituted. Resume normal diet as soon as possible.

Numbness

If you experience numbness of your lip or tongue following surgery, be careful when chewing to prevent biting and injuring the numb area.

Impacted or Buried Teeth

The following conditions are not uncommon with removal of these teeth:

- Difficulty in opening your mouth due to muscle spasms.
- If a lower impaction was removed, you may have numbness of the lower lip or tongue, on the side from which the tooth was removed. This is almost always a temporary condition. It is not disfiguring, but just annoying. It may last from a few days to many months.
- After removal, the adjacent teeth may realign themselves, causing some discomfort.
- Sores may develop at the corners of the mouth and these should be covered with mild ointment such as Neo-Sporin.

If you have any questions, please call 303-933-8880.