



## POST-SURGERY INSTRUCTIONS

Healing following oral surgery is usually fast and uncomplicated if you follow the directions below:

1. **Bleeding:** Bite on gauze sponges for 45 minutes. Replace them with moistened gauze sponges for another 30 minutes only if fresh, red blood is present. If bleeding continues after this time, bite on a Lipton "tea" bag for 30 minutes. If you are still bleeding after this, please contact our office.
2. Do not drink or eat hot foods today, as you may dissolve or loosen the healing blood clot. Eat cool, soft, nutritious foods today.
3. Do not "suck" on the wound site for the next few days. You may disturb the blood clot, causing bleeding, slow healing, and/or bone pain often called a "dry socket."
4. Do not eat hard foods for a few days in the part of your mouth that received the surgery. You could disturb the healing.
5. Do not overexert yourself during the next 24 hours.

### **THE POINTS CHECKED OFF BELOW APPLY TO YOU:**

#### **6. Sutures (stitches):**

- a. Were not placed
- b. Were placed. You need an appointment in about 7 days to have the stitches removed.
- c. Were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks' time.

#### **7. Pain:**

- a. You have not been given a prescription for pain. You should not experience much discomfort. Take Motrin, Aleve or Tylenol for mild discomfort which may come in about 2 hours from now. Continue with the medication for the next 3 days. If the pain is more than these drugs can control, please call us for a telephone prescription to your nearest pharmacy.
- b. You have been given a prescription for pain. You may elect to try managing the discomfort with Motrin, Aleve or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled.

#### **8. Antibiotic:**

- a. You have not been given an antibiotic. It does not appear you will need antibiotic therapy.
- b. You have been given a prescription for an antibiotic. Please take the medication until all the tablets are gone.

#### **9. Cold Application:**

- a. Not necessary for your surgery.
- b. Use cold packs (ice in plastic bags) on the outside of your face near the surgery site for 2 hours when you arrive home.

You should be healed from this surgery very soon. Please call the office at 203-323-9277 if any questions arise.