

Post Operative Instructions for Extractions and Oral Surgery

Day 1: Continue biting on the gauze for 30–60 minutes following your procedure. Do NOT spit, rinse, suck (using straw), smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed.

- The goal is to keep blood clots in the socket to prevent bleeding and a painful complication known as DRY SOCKET

Day 2: You will most likely experience one or more of the following symptoms:

Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy.

No heavy lifting, spitting, sucking, alcohol or smoking.

- **Oral hygiene:** Brush gently. A gentle lukewarm saltwater rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently.
- **Discomfort:** Over the counter pain medication (Ibuprofen, Aleve, or Tylenol) may be taken as directed on the bottle to relieve discomfort.
- **Swelling:** Apply cold compresses to affected area at 10-minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.
- **Bleeding:** Some oozing of blood is normal for the first 12–24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1–2 folded gauze pads or damp tea bag on the affected area for 30–60 minutes and keep your head elevated. Call the office if the bleeding does not subside.
- **Diet:** Drink plenty of fluids.
Avoid carbonated and alcoholic beverages.
A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, and pasta. Nothing too spicy is recommended.
It is normal to have a little tenderness while chewing and difficulty opening wide.
- **Stitches:** If you have received sutures, avoid playing with them. A fifteen-minute appointment will be needed to remove the sutures in 7–10 days.
- **Prescriptions:** If you have been prescribed antibiotics, take them as directed **until they are all gone**, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed take as directed.

In case of any unusual disturbances, questions or any post-surgical problems, please call the office at 941-477-1620.



Soft Foods for Tender Mouths

Breakfast:

- Scrambled Eggs
- Omelets
- Oatmeal or Cream of Wheat
- Soft Fruits (Banana, applesauce)
- Coffee Cake

Lunch & Dinner:

- Soup (room temperature)
- Egg or Tuna Salad
- Cottage Cheese
- Fish (baked or broiled)
- Pasta (slightly overcooked to soften)
- Mashed Vegetables (potatoes, cauliflower, carrots, peas, beans)
- Ground beef, ground turkey, ground chicken, tofu,
- Canned Fruit

Snacks & Drinks: NO STRAWS FOR LIQUIDS

- Ice Cream
- Sorbet
- Yogurt
- Jello
- Pudding
- Milk Shakes
- Ice Water
- Iced Tea
- Ensure
- Protein Drinks

DO NOT EAT HARD, CRUNCHY FOODS OR ANY FOOD WITH SEEDS.

Remain on cold food and drinks for the first 48 hours after your procedure. Eating soft foods will minimize the amount of food impaction you will accumulate in or around the surgical area. Following these instructions will reduce the chance of your healing to be compromised. You can always call our office with questions.



Post-Operative Instructions for Laser Soft-Tissue Procedures

- An anti-microbial rinse like Listerine (non-alcoholic) can be used several times a day to reduce the number of bacteria in the treated area.
- Laser procedures usually result in little discomfort (may feel similar to a pizza burn). For the first 24 hours after the surgery, you may find it helpful to take Ibuprofen {Advil or Motrin} or Acetaminophen {Tylenol} according to the label.
- For the first 24 hours following surgery, you may want to stick to a liquid or soft food diet. Stay away from spicy/salty foods to avoid irritating the surgical site. Do not use straws to avoid suction for the next couple of days. Carefully avoid chewing food in the area where the laser was used to avoid interfering with the healing process.
- Refrain from smoking for at least 48 hours after the procedure. Smoking while healing may delay the healing process and increase chances of possible infection.
- Do not be alarmed with any color changes or the appearance of the tissue following the use of the laser. You may notice that the tissue becomes grey, yellow, red, blue, or purple. These are normal responses.
- It is okay to spit, rinse, and wash your mouth. Between rinsing with Listerine (non-alcoholic), you can rinse with warm salt water (1/2 teaspoon of salt in an 8 oz. glass of warm water).
- After the first 24 hours of healing is complete, brush and floss the adjacent teeth normally and gently clean the area where the laser was used using a Q-tip dipped in Listerine (non-alcoholic).
- Keep your tongue away from the treatment area.
- Do not be alarmed if you notice slight bleeding, mild swelling, some soreness or mild tooth sensitivity.
- Call us if you experience prolonged severe pain, prolonged or excessive bleeding, or a considerably elevated or persistent temperature.