



DENTAL HOUSE
DENTAL EXCELLENCE COMPASSIONATE CARE

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Post-Operative Instructions After Mouth Surgery

1. Do not smoke for at least 48 hours.
2. Do not drink alcoholic beverages for 48 hours or while taking any prescribed narcotic pain medication.
3. Do not rinse your mouth with a "swishing action".
4. Do not spit! Simply let the fluid drop from your mouth into a sink and then wipe your mouth dry.
5. Do not suck on anything. (i.e., straws).
6. Do not chew foods on the affected side or drink hot liquids.

Bleeding

1. Bite on the gauze with constant and firm pressure for 60 minutes immediately after the surgery. After 60 minutes, look inside the mouth to see if the surgical site is bleeding. If it is, then fold some fresh gauze and place it directly over the area that is bleeding and bite hard for 30 minutes. If bleeding continues, you may place a moist tea bag over the wound and bite to hold pressure for 30 minutes.
2. If the area is not bleeding inside the mouth, then do not place more gauze in the mouth. This means the clot has already formed and you may split the gums open again and cause more bleeding.
3. Rest sitting up or leaning back on 2 pillows. Sleep with 2 pillows under your head for the first 24 hours. No Exercise.

Pain

1. Go directly to pharmacy and have all antibiotics (if prescribed) and pain medications filled and take as instructed. Do not take more than directed.
2. For more severe pain management, you may take 800mg of Ibuprofen, Advil or Motrin three times daily with food in addition to the narcotic pain medication which was prescribed.
3. Do not place any medication directly on any area of the mouth.
4. Do not take any of these medications if you are allergic to them.
5. 24 hours after the surgery, use warm salt water rinses: 1 teaspoon salt in a cup of warm water. Rinse passively by rolling your head from side to side. Rinse 4 times a day, after meals and at bed time until the surgical area is completely healed.

Swelling

1. To minimize any swelling that may occur, apply ice packs to the outside of your face nearest to the surgery site in 10 minutes intervals (10 minutes on and 10 minutes off), for the first 24 hours following the surgery.
2. After the first 24 hours, apply warm moist heat to decrease the swelling.

Diet

1. Drink plenty of water and fruit juices (i.e. approximately 1 gallon every 24 hours).
2. Do not chew on the affected side.
3. If you find it difficult to eat normally during the first few hours, a high protein drink such as **Carnation Instant Breakfast or Ensure** will help provide your body the nutrients necessary for proper healing.
4. Soft foods like custard, mashed potatoes, soft scrambled eggs, macaroni and cheese, soups are best for a few days.

General Information

1. Take all of your regular medications as normal unless otherwise directed.
2. Use Vaseline if lips are sore or cracked.
3. Bruising near surgical site is normal so do not be alarmed.
4. Stitches will dissolve in 7 to 10 days. If silk stitches have been placed, then we will ask you to return in 4-5 days to have them removed.
5. Brush and floss your other teeth as normal. In the area of surgery, you must be gentle; but, it is essential that you keep that area as clean as possible. You may use a moist cotton swab to clean the surgical area if approved by the doctor.
6. If you have any concerns or questions, please contact us at 704-216-9153.