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ORAL SURGERY HOME CARE INSTRUCTIONS

Bite with steady, firm pressure on gauze for at least thirty minutes, and then discard the gauze. Some oozing/slight bleeding is to be expected from the extraction site for the first 12-24 hours. The best way to stop any bleeding is to place a folded, damp gauze over the extraction site and keep steady, firm pressure on it by biting down. If any heavy or constant bleeding more than oozing persists beyond an hour or two after the procedure, please call the office.

Do not spit, smoke, rinse, or drink through a straw for the first 24 hours. All of these actions will pull the blood clot out of the extraction site causing prolonged bleeding and/or delayed healing. Also do not do anything to irritate the extraction site, such as sucking on it or playing with it with your tongue.

If antibiotics (e.g. penicillin) have been prescribed, take that medication as directed until gone. Pain medication should be taken as needed. If you have a reaction to any medication, stop taking the medication and call the office. Reactions can include: nausea, vomiting, itching, rash, difficulty swallowing or breathing.

For the remainder of the day restrict your diet to soft foods and liquids. It is important that you maintain an adequate, nutritious diet. Also for the rest of the day, try to take it easy. Do not perform any strenuous activity for the next day or so.

It is important to keep the area clean for proper healing. This is done by brushing and flossing the rest of your teeth, as you would normally do. In addition, beginning about 24 hours after the surgery, rinsing with warm salt water is the best way to keep the surgical area clean. This rinsing should be done at least a few times per day until the area fills in and heals.

If sutures (stitches) were placed, you will be instructed on when to return IF they need to be removed. Otherwise the sutures will dissolve on their own.

Some swelling is to be expected, especially if you had a difficult extraction/surgery. To minimize the swelling you may use an ice pack today (20 minutes on, 20 minutes off). After today, you may use a warm moist cloth in the same manner.

If you feel you are having a problem, please call the office.