

AFTER YOUR SURGERY



For the first hour maintain firm pressure on the gauze. Remove when saturated or when you want something to eat or drink. Avoid talking, spitting, or rinsing your mouth today.



Bleeding should decrease over the next 12 hours. Fold 2 pieces of gauze in half twice and place over the extraction site with firm pressure until gauze becomes saturated. Pressure stops bleeding. Change saturated gauze as needed for approximately 2 hours. Gauze is usually not needed after this point. However, if bleeding persists, dampen a small tea bag, place over the extraction site and keep firm pressure for 30 minutes.



Numbness from your surgery will last 2 to 8 hours. Therefore, soft foods and liquids are recommended during this time. No chewing.



You may have soft foods such as mashed potatoes, soft pasta, or scrambled eggs, then gradually progress to solid foods as comfort allows. A spoon should be used with thick milkshakes. No carbonated beverages or straws for 7 days.



Avoid smoking for 7 days.



Dry socket is a painful condition arising 3-7 days after the removal of difficult or impacted teeth. If pain is not relieved by your pain medication or is worsening, please call the office (during office hours, if possible, so we can better assist you).



Get as much rest as possible the first few days. Keep head elevated. Sit upright or lie on two pillows.



Some swelling is expected after certain surgical procedures, especially removal of the wisdom teeth. Use of ice packs the first 48 hours will help prevent swelling. We recommend constant application of ice. Refresh ice bags every 30 minutes.



Do not drive the day of surgery if you've had IV sedation.



Any surgery results in some pain. Prescribed pain medication will usually keep this to a minimum. Take the first dose within 2 hours and then as prescribed. However, do not take pain medication on an empty stomach. It takes about 45 minutes for the medication to take effect. Most of the discomfort should be gone after the second day. Try to call our office during office hours if discomfort persists.



The medication used during surgery may cause nausea in a few people. If you do become nauseated, avoid milk and other dairy products.



A clean mouth reduces swelling and promotes healing. After 24 hours, start brushing and flossing the teeth with moderation. For 1 week after surgery, rinse after meals with warm salt water [1 tsp in 8 oz warm water], or if prescribed, chlorhexidine mouth rinse.



A low grade fever is not unusual. Fever is often a sign of an insufficient amount of fluid.



After the first day, gently stretch your mouth open several times a day to avoid a stiff jaw.



Orthodontic retainers can be worn the day after surgery.

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