

Post – Operative Instructions for Oral Surgery

ANESTHETICS

The length of time you experience numbness varies, depending on the type of anesthetic you have received. While your mouth is numb, you will want to be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours.

BLEEDING

Dr. McMillon will place gauze in the surgery site to limit the bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 1 ½ hour (baby teeth 30 min) after leaving the office. Do not chew on the gauze. There may be some bleeding or oozing after the gauze is removed, if this happens follow the following procedure. Fold a few pieces of gauze into a pad, thick enough to bite on. Dampen the pad and place it directly on the extraction site. Apply moderate pressure by closing the teeth firmly over the pad. Maintain this pressure for about 1 hour. If the pad becomes soaked change it every hour until bleeding has stopped. Do not suck on the extraction site (Ex: using straw). A slight amount of blood may leak from the extraction site until a clot is formed. However if heavy bleeding continues, call the office. (Remember, though that a lot of saliva and a little blood can look like a lot of bleeding.)

After oral surgery, a blood clot forms in the tooth socket. The clot is an important part of the healing process. You should therefore avoid activities that might disturb the clot. **Do not smoke, or rinse your mouth vigorously, NO SPITTING FOR 24HR. Do not use mouthwash for two weeks.** These activities create suction in the mouth which could dislodge the clot and delay the healing process. If you dislodge the clot you will have what is called **DRY SOCKET** this is very painful and your pain medicine will not help, you will need to contact the office to have the extraction site packed with medicine. Brush and floss regularly (lightly in the extraction area), gently rinse. Limit strenuous activity for 24 hours after the extraction. This will reduce the bleeding and help the clot to form faster.

MEDICATION

The Doctor may prescribe medication to control pain and prevent infection. Use it only as directed. If the medication does not seem to work, do not increase dosage. If you have prolonged or severe pain, swelling or fever contact the office immediately.

SWELLING AND PAIN

After Oral Surgery, you may have some discomfort and notice some swelling. You can help reduce swelling and pain by applying a cold ice pack to the area. Specific instructions may be given by the Doctor.

DIET

After the surgery, drink lots of liquids and eat soft foods. Avoid eating solid foods for the next day or until you can chew comfortably. Try to avoid chewing on the side of the extraction site for the next couple of days.

RINSING

The day after the extraction, gently rinse your mouth with warm salt water. Rinsing after meals is important to keep food particles out of the extraction site. Avoid mouthwashes such as scope or Listerine for about two weeks.

DO NOT HESITATE TO CALL DR. MCMILLON IF QUESTIONS OR PROBLEMS OCCUR

DR. MCMILLON (502) 895-5819

THANK YOU FOR CHOOSING DR. RAY MCMILLON FOR YOUR DENTISTRY NEEDS!