



**MARIANNE MORELLI, D.M.D.**  
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## **Post-Operative Instructions for Oral Surgery and Extractions**

**Bleeding** With the gauze provided, please keep constant pressure on the extraction site for **½ hour**. Do not sleep with gauze in place.

**Ice** Ice will help with bleeding, swelling and pain. Swelling is a normal reaction of the irritated tissue. Apply cold packs to the face adjacent to surgical area as soon as possible for the first 6-12 hours post-operatively. Ten minutes on and ten minutes off is recommended. Usually swelling is more pronounced during the first 48 hours.

**Rest** Go home and relax for the remainder of the day. Strenuous activity and exercise should be avoided for 72 hours. Routine activity is fine beginning the second day.

**Hygiene** Do not brush directly on the wound for the first week. **Leave it alone!** Do not rinse or spit – let any saliva gently dribble out. It is normal to have a funny taste and/or smell the first week. You may gently rinse with warm salt water.

**Diet** For a period of one week avoid hard, crunchy, chewy and particulate foods. Try to eat soft foods such as eggs, pasta, and yogurt and take small mouthfuls chewed carefully and slowly on the opposite side. Avoid very hot foods and beverages, spicy foods, sharp foods and salty foods. No drinking through a straw for 1 week.

**Medications** If a medication has been prescribed take all exactly as prescribed and complete the course of treatment.

**Antibiotic:** Antibiotics are used for specific procedures and for individuals with specific requirements. Take them all and exactly as prescribed.

**Pain:** Most often anti-inflammatory agents NSAIDS (Advil/Motrin) and/or acetaminophen (Tylenol) will be enough to control your discomfort. If necessary an additional prescription will be given to alleviate pain. Avoid alcohol consumption with narcotics.

**Smoking and Alcohol** Avoid both for as long as possible. It is well documented both cause a significant increase in post-operative complications such as infection, bleeding, delayed healing and poor outcome.

### **OTC PAIN MEDICATION REGIMEN:**

***Take 3 Advil (200 mg Ibuprofen) taken with 2 Regular Strength Tylenol all at the same time, taken every 6 hours for up to 72 hours***

**Special Instructions:** \_\_\_\_\_  
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**Call us promptly in case of severe pain, excessive bleeding or any unusual developments**

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