

OREGON DENTAL CARE

Post Operative Oral Surgery Care Instructions
Office hours Monday - Friday 8:00 am - 5:00 pm
Business Hours Phone: 607-7800

After hours please page your doctor directly as follows:

Dr. Colby 607-7811 Dr. Taina 607-7812
Dr. Vu 607-7814 Dr. Dailey 607-7816 Dr. Saunders 607-7815
Dr. Smith's cell number (541) 944-5897

1. **Go home and rest.** Your body has been put under stress and will welcome the time to recover.
2. **Bite firmly on the gauze in your mouth for 1 hour.** This helps stop the bleeding and prevents you from swallowing the blood in your mouth. It is very important that you don't talk during this time, as this will increase the bleeding. Check the mouth after an hour. If the bleeding has stopped, remove the gauze and leave it out. If bleeding still occurs after the hour, take the sterile gauze you were provided, fold it in quarters and repack the extraction site(s). Check every 30 minutes and change if necessary until the bleeding stops. Some oozing of the surgical site is normal for the first 24-36 hours. However, if you should notice that the bleeding has increased, place another gauze over the surgical site and bite firmly on it. Another helpful hint is to wrap a gauze around a moist tea bag, place it over the surgical site, and gently bite. Leave for 20 minutes.
3. **Do not rinse your mouth today and do not spit anything out of your mouth.** Beginning tomorrow, gently rinse your mouth with a glass of warm water several times a day. Brush your teeth with a soft toothbrush as close to the extraction site as comfortable. If you have been given *Peridex*, start using this the evening of surgery, rinsing gently morning and evening.
4. **You may eat soft cool foods in the first 24 hours,** such as yogurt, cereal, ice cream, jello, table-temperature soup, mashed potatoes, or pasta. Avoid anything sharp or hot. Children must be watched very closely as they can chew their cheek and tongue while still numb.
5. **Swelling may be decreased** by placing crushed ice or frozen vegetables (peas/corn) in a towel and holding over the face/ jaw, 20 minutes on & 20 minutes off for the first 24 hrs. If possible, rest sitting up so your head is higher than your heart.
6. **AVOID sucking through a straw, rinsing your mouth vigorously, strenuous exercise.** These activities can cause the blood clot to dislodge, which will slow the healing process.
7. **AVOID smoking as it prevents optimum healing.**
8. **No driving or operating machinery for 24 hours. Take your pain medication as prescribed.** It is best to get the medication into your system before the local anesthesia wears off. Taking it with a small amount of soft food will help prevent stomach upset.
9. **No alcohol** while taking narcotic pain medication. It can be life threatening.
10. **We recommend** that you have someone stay at home with you for the first day of surgery.

If unusual complications should occur, or if you have additional questions, please call our office. We will see you to check on the healing in 7-10 days.