



Surgical Post Operative Instructions

You have had a surgical procedure, and this requires diligent care to ensure proper healing. Please follow all of the following instructions and do not hesitate to call our office with any questions or concerns.

It is important to take all medications as directed. If antibiotics were prescribed, it is very important to take them until they are gone, even if you are feeling better. Failure to do so can result in drug resistant bacteria, or super-infections. If pain medications were prescribed, do not take more than prescribed and only take as needed.

It is normal to have the following happen after oral surgery:

Bleeding is a normal part of the period immediately following oral surgery. A small amount of bleeding or oozing can persist for up to 24 hours. We have placed gauze over the extraction site and you should bite on it firmly until: _____.

If after you remove the gauze, you are still having noticeable bleeding, place another moistened, folded gauze over the area and bite for 30-60 minutes. It is the pressure, not the gauze that will stop the bleeding. It is important that you bite down with firm pressure and do not peek or release that pressure. We recommend you set a timer. Please call our office at 320-629-2282 if bleeding is persistent or heavy.

Pain will vary from person to person. Multiple studies have shown that the most effective pain relief combination is extra strength acetaminophen and Ibuprofen. Do not exceed 3000 mg acetaminophen in a 24 hour period. Ice placed on your cheek in the area that the surgery was can help reduce swelling and discomfort. Keep your head elevated above your heart as this will help reduce discomfort and swelling. Everyone is different, however most people reach the peak amount of pain at about 2-3 days after surgery.

Swelling may occur after surgery. Ice will help relieve swelling as well keeping your head elevated above your heart. Limiting your physical activity will also help reduce your swelling.

Sutures if placed, will dissolve on their own in 3-10 days, unless otherwise noted.

Difficulty opening your mouth, also know as trismus is normal and is caused by muscle swelling and spasms. Trismus usually resolves on its own within a few days. If it persists, try using a healing pad in front of your ears and gently stretching your mouth open. If it persists without improvement after 7-10 days, please call our office.