

*Compassionate Dentistry*  
*Sara Riechers, DDS*

## **POST-OPERATIVE INSTRUCTIONS**

Post-operative care is important following oral surgery, and recovery may be delayed if this is neglected.

Some swelling, stiffness and discomfort are to be expected after surgery. If this is excessive, please call or return for care. Swelling reaches its maximum at 48 hours.

### **DAY OF PROCEDURE:**

- Bleeding..... a) Keep gauze in place for one hour with constant, firm pressure.  
b) If bleeding persists, repeat this procedure. Stop when bleeding stops.  
c) Keep head elevated and rest quietly.  
d) Use ice bag, if so directed. Ice may be applied to area for 10-15 minutes then removed for 10-15 minutes. Repeat as needed.  
e) Some oozing of blood and discoloration of saliva is to be expected.
- Pain            If needed, take prescribed tablets for pain. Prescription pain meds often induce drowsiness. We, therefore, do not want you to drink alcohol, to drive or to operate any power equipment while under the influence of these agents.
- Diet            Liquids and soft foods only, with nothing too hot. (Heat increases bleeding.)  
Drink a lot of fluids (DO NOT USE A STRAW).
- AVOID         Sucking (like on a straw), rinsing mouth, frequent spitting, smoking (for at least 3 days) or exercising for 12 hours.

### **FROM THE SECOND DAY UNTIL HEALING IS COMPLETE:**

- a) After meals, gently brush teeth and rinse with warm salt water.
- b) Diet may be soft to regular, as tolerated.
- c) Continue as needed with tablets for pain.

If emergency care is necessary, call us at (541) 956-2177. If an after hours emergency occurs, call the number on the answering machine to reach the doctor.