

# **Advanced Center for Oral Surgery & Dental Implants - Dr. Spiro and Dr. Maria Karras**

## **INSTRUCTIONS FOR HOME CARE FOLLOWING ORAL SURGERY**

### **ON THE DAY OF SURGERY**

1. Do not spit forcibly, or rinse your mouth for 24 hours after surgery, to allow for proper initial healing.
2. If you smoke, please avoid doing so for at least 48 hours after surgery, and longer, if possible. Smoke is a severe irritant and may prolong or delay the healing process, as well as increase the risk of infection.
3. **BLEEDING**: Some bleeding is expected after surgery, and may persist until the following day. If gauze dressings were placed in your mouth, leave them in place for 20-30 minutes after you leave the office, then remove them and discard them. If oozing persists, place another piece of gauze at the site, and bite gently for 20-30 minutes. Repeat this if necessary. Be sure to apply the gauze directly over the site of surgery. If gauze is not available, a clean, moistened washcloth or a moistened tea bag may be used. Excessive bleeding that can not be controlled by the above measures is an emergency. Please call the office if this occurs.
4. **DIET**: You may begin to take cool liquids approximately 2 hours after your procedure, and advance to soft foods as tolerated, unless instructed otherwise. Do not drink through a straw for 48 hours after your surgery. Please avoid hot or spicy foods for 24-48 hours, and avoid hard, crunchy foods for 2-3 days.
5. **PAIN MEDICATION**: Mild to moderate discomfort is common after oral surgical procedures. If pain relievers were prescribed, they should be taken as directed. Pain medication is more effective if it is taken before the local anesthetic (Novocain) wears off. If you were instructed to use over-the-counter pain relievers, you may take three Ibuprofen (Advil, Motrin) tablets (600 mg) along with one extra-strength Tylenol tablet (500 mg), every 6 hours. If you are unable to take Ibuprofen, you may take two extra-strength Tylenol tablet (500 mg), every 6 hours.
6. **ANTIBIOTICS**: If antibiotics were prescribed, they should be taken until finished. Female patients should be aware that antibiotics can reduce the effectiveness of birth control pills. Alternative or additional methods of contraception should be used until your next menstrual cycle.
7. **SWELLING**: Swelling is common after some oral surgical procedures, and can be decreased by applying ice packs for the first 48 hours after surgery. In some instances, bruising or discoloration can occur as a result of oral surgical procedures.

### **ON THE DAYS FOLLOWING SURGERY**

1. Continue to rinse your mouth thoroughly several times a day for the next 5-7 days, especially after eating. You may use warm salt water (a teaspoon of salt in a glass of water) or equal parts of mouth wash and water. If you were given an irrigating syringe, you may begin to use it on the second day after surgery. Use a warm salt water solution and gently flush the wound after every meal.
2. Do not disturb the healing area with your tongue, fingers, toothbrush or other instrument.
3. You may begin brushing your teeth the day after surgery, being careful to avoid injuring or irritating the wound. A small amount of bleeding during brushing is normal for several days after surgery.
4. If sutures (stitches) were placed, they may require removal 7-10 days after surgery. If the resorbable (dissolvable) type were used, they will normally loosen and fall out during this time frame.

As healing progresses, small bone chips may loosen and work their way through the gum. These fragments normally work their way out on their own. If they are causing discomfort or swelling, please call for an appointment to have the area checked.

**TO PROVIDE YOU WITH THE BEST POSSIBLE CARE,  
PLEASE KEEP YOUR FOLLOW-UP APPOINTMENT, AS SCHEDULED**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, OR IF YOU EXPERIENCE ANY PROBLEMS AFTER SURGERY, PLEASE CALL OUR PRIMARY OFFICE NUMBER TO REACH THE DOCTOR ON CALL:**

**(847) 677-6647**