

# ***San Luis Oral and Maxillofacial Surgery and Dental Implant Center***

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## **POST-OPERATIVE INSTRUCTIONS**

### **Day of Surgery:**

- Hold gauze pressure pack in place for 45 minutes following surgery; then remove pack & replace if necessary.
- DO NOT disturb the blood clot in any way...NO smoking; NO drinking through straws and NO spitting.
- Apply ice packs to areas, off and on, in 20 minute intervals for 12 hours to help control swelling.
- Activity level should be kept to a minimum for at least 24 hours after surgery, thereafter activity level should be dictated by comfort.
- DO NOT chew while numb. Diet should be a nutritious concentration of softer foods (i.e., yogurt, soups, eggs, protein shakes and smoothies).
- Keep well hydrated by drinking ample volumes of fluids (non-citrus).
- When lying down, keep head and shoulders elevated by using two pillows.
- Slight bleeding is to be expected for up to 48 hours after surgery. If bleeding is excessive, place a roll of sterile gauze or a LARGE moistened tea bag on the socket and bite down firmly for 45 minutes. If there is no relief, please call us.
- NO swimming, surfing, or water sports for three days while wounds are initially healing.
- If you were sedated or taking a narcotic, NO driving.

### **Second Day:**

- Rinse mouth gently with one teaspoon of salt in a glass of warm water after each meal and at bedtime.
- Continue with ice packs for swelling and comfort, as needed.
- Brush teeth gently, staying away from surgical area(s). Use a limited amount of toothpaste.

### **Third Day:**

- Warm moist packs may be applied to the face; moderate heat promotes healing and relieves soreness.
- Continue with gentle rinses and teeth brushing with minimal amounts of toothpaste.
- If swelling continues to increase, it usually peaks on the third day. Each additional day should show improvement over the preceding day.
- If placed, sutures DO NOT need to be removed. They will dissolve or fall out on their own, unless otherwise noted.
- Use the curved syringe to flush food and debris out of the open sockets.

### **Fourth Day:**

- Healing should be taking place and discomfort level should be at a minimum.
- Continue to flush out extraction sites until the tissue completely closes over the site. This may take up to three weeks.
- If you are having any concerns please call our office and we can schedule a post-op appointment for you.



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***If you have any questions or concerns,  
please do not hesitate to call our office.  
(805) 541-5611.***