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### **POSTOPERATIVE INSTRUCTIONS**

Thank you for coming to us for your oral surgery treatment. Your treatment continues until healing is complete. In the event you feel your postoperative course is marked by excessive pain, swelling or hemorrhage do not wait until your next appointment to return: **Call Us!!**

#### **THINGS TO EXPECT:**

- Swelling:** This is normal following surgery in the mouth. It should reach its maximum in 48 hours and diminish thereafter.
- Discomfort:** The most discomfort you will experience will be during the period immediately after sensation returns to your mouth.
- Hemorrhage:** Some bleeding or "oozing" for the first 24-36 hours is common.

#### **THINGS TO DO:**

1. **Bleeding**-keep your head well elevated the first 24 hours. Bite on the gauze placed in your mouth at the end of the procedure for at least 3 hours. If bleeding is more than slight, with gauze, remove all excess blood clot. Place dampened gauze over the bleeding area and firmly hold it in place for 20 minutes so no blood escapes. Repeat this procedure several times. If bleeding persists bite on a tea bag for 20 minutes. **IMPORTANT**- these measures will work only if the packs are on the bleeding area and are under pressure.
2. **Swelling**- swelling is usually in proportion to the surgery involved. However it may be minimized by the immediate use of ice or cold packs applied to the face over the surgical site. Place pack on face for 15 minutes and then remove for 5 minutes. Repeat this procedure 8 hours. After that cold packs will be of little value.
3. **Diet**- after waiting 1 hour you should be able to take fluids by mouth. A liquid diet is desirable for the first day. This would include soups, juices, milk, etc. An adequate fluid intake of at least 2 quarts a day is essential.
4. **Medications**- it is essential to take all medications as directed. They will help control pain and prevent infection. **Please be sure to take pain medications with food.**
5. **Mouth Rinse**-do **not** rinse on the day of surgery. After 24 hours rinse the mouth with warm salt water (1 tsp salt to an 8oz glass of water) following meals is advisable.

#### **THINGS NOT TO DO:**

1. Avoid smoking, spitting or drinking with a straw the first 24 hours after surgery. These tend to dislodge the blood clot which causes additional bleeding and increased pain.
2. Do not apply heat to the face during the first 24 hours. This will increase swelling.
3. Avoid strenuous physical activity for 24 hours. This includes any activity in which one becomes winded as this may cause a renewal of bleeding.

#### **IMPACTED TEETH:**

The following conditions are common with the removal of impacted teeth: difficulty in opening your mouth; pain when swallowing; earache on the side of surgery; bruising of the face and neck; dry socket. Occasionally numbness of the lower lip or tongue occurs which is **usually** a temporary condition. It is not disfiguring, just annoying. Following surgery the remaining teeth may realign themselves causing some temporary annoyance. Sores may develop on the outside corners of your mouth. For your comfort use Vaseline or a lubricant to soothe these areas.

