

APPALACHIAN ORAL SURGERY CENTER

3433 University Avenue, Suite 1

Morgantown, WV 26505

Office: (304) 322 4532

POST-OPERATIVE INSTRUCTIONS: EXPOSURE & LIGATION

BLEEDING: Keep pressure on the gauze for 30 minutes. If it is still bleeding after 30 minutes, bite on another piece or a tea bag for 30 minutes. Small amounts of blood in saliva can make your saliva appear red. This is normal and may be noticed the rest of the day after the procedure.

SMOKING: Healing and success of the surgery will be reduced by smoking. Smokers are at greater risk of developing a painful DRY SOCKET. Do not smoke after surgery.

PAIN/SWELLING: Discomfort is normal after surgery. Take pain medication as directed and do NOT exceed the dose. Taking medication with food or milk will help reduce upset stomach. Do not drive, operate heavy machinery, or drink alcohol on pain medications. Applying an ice bag to the face over the operated area will help minimize swelling. Apply for 15 minutes, then remove for 15 minutes (continue this for the first 48 hours).

STITCHES: Placed to control bleeding and aid healing. They will *dissolve* in 3 to 5 days.

NUMBNESS: You will be numb for several hours due to local anesthetic. Be careful not to bite, chew, pinch, or scratch the numb area.

BRUSHING: Brush your teeth gently. Avoid rinsing/swishing for 48 hours. Begin gentle rinsing with saltwater solution (1/2 tsp salt + 8oz warm water) after 48 hours; otherwise, this may disturb the blood clot leading to dry socket. Avoid commercial mouth rinses for 2 weeks.

DIET & ACTIVITY: After leaving the office, rest for the remainder of the day. Eat soft foods for the first 72 hours then return to normal regular meals as tolerated. Stay hydrated by drinking plenty of water. Avoid straws for 1 week to prevent the clot to dislodge. Do not lift more than 10lbs or partake in strenuous activities for a week.

ANTIBIOTICS: Take the medication as directed. *Women:* Antibiotics can reduce the effectiveness of birth control pills so use alternate birth control methods for 2 months.

PLEASE CALL YOUR SURGEON (304 - 322 - 4532) IF YOU HAVE:

- Uncontrollable pain or excessive bleeding
- Fever (101.5 F)
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications (e.g., rash, itching, or difficulty breathing)
- Persistent numbness longer than 48 hours