

**Elevated Dental**  
**953 S. Frontage Rd W Suite 104**  
**Vail, CO 81657**

**ORAL SURGERY POST-OPERATIVE INSTRUCTIONS**

**On Day of Surgery**

1. Keep FIRM, STEADY PRESSURE on gauze for 45-60 minutes. If gauze is still mostly red from blood, replace with another piece for an additional 60 min. Repeat until gauze is mostly white. This will allow a blood clot to properly establish itself.
  - ➔ If bleeding continues after three to four hours, bite firmly on an ordinary tea bag. Do this for two hours or until you are sure the bleeding has stopped.
2. Don't drink out of a straw. This tends to create a suction that will dislodge the blood clot and could cause a dry socket.
3. NO SMOKING for at least two days. The suction that you create by smoking can also dislodge the blood clot. The chemicals in the smoke greatly delays the healing process. The longer you hold off, the better and faster the area will heal.
4. Do not rinse/gargle or spit for 24 hours. After that time, you may gently rinse with warm salt water.
5. Take your pain medication as soon as possible, BEFORE the numbness wears off. If you have been given two types of pain medicine, the best way to take these is by alternating every 3 hours. For example, if you take Ibuprofen (Motrin) at 12:00 PM, take the next medication (Tylenol, Norco, Percocet) at 3:00 PM, then go back to Motrin at 6:00 PM, etc. Continue this for 24-48 hours as needed, and then take just Motrin to help with any discomfort.

**Swelling**

An ice pack should be placed on the outside of the cheek and kept on for 15 minutes, then off for 15 minutes, etc. This will help reduce swelling. After the first 24 hours, hot compresses could be applied to the outside of the cheek.

**Diet**

Eat soft but nutritious foods such as eggs, dairy products, noodles, or fish for the first two or three days following surgery. Soup is ok, but only slightly warm or the area could be burned.

**Physical Activity**

This should be kept to a minimum for 48 hours. If you take part in physical activity or exercise too soon, you will run the risk of increasing your blood pressure and causing the extraction socket to begin to bleed again.

If you have any questions or concerns, you can call the office at (970) 476-3991,

Dr. Moses at (610) 308-1085 or Dr. Corcoran at (970) 471-5331