

**JEFF M. ROY, D.D.S.**  
**4301 N. MacArthur Blvd., Suite #100 Irving, TX 75038**  
**(972) 255-3712 office**

**Post-Operative Instructions Following Dental Surgery**

**THINGS TO EXPECT:**

**Bleeding:** Bleeding or “oozing” for the first 12 to 24 hours.  
**Swelling:** This is normal following a surgical procedure in the mouth. It should reach its maximum in 18 hours and should diminish by the fifth post-operative day.  
**Discomfort:** The most discomfort that you will experience will occur for a few hours after the sensation returns to your mouth and will diminish over the next few days.

**THINGS TO DO:**

**Bleeding:** Place gauze over extraction sites and maintain pressure by biting, change every 45 minutes until bleeding is controlled. Keep head elevated, and rest. Do not suck or spit excessively.  
**NOTE:** Some “oozing” and discoloration of saliva is normal. If bleeding persists, replace the gauze with a clean folded gauze placed over the extraction site, and maintain the pressure until the bleeding stops.

**Rinsing:** 24 hours AFTER the surgery, rinse with WARM SALT WATER, three to five times a day for seven days or PRESCRIBED MOUTH RINSE, twice a day. Brush teeth normally. A clean mouth heals faster.

**Swelling:** Place ice or cold compresses on the region of surgery for ten minutes every half-hour for the first eight to 12 hours.  
**NOTE:** Ice bags or cold compresses should be used only on the day of surgery.

**Smoking:** Avoid smoking during the healing period.

**Discomfort:** Take medications as directed for PAIN. Do not wait for the pain to begin before taking the medications since the medicine will require 45 minutes to one hour to take effect.

**Diet:** A nutritious liquid or soft diet may be necessary for the first two days. A fluid intake of at least two quarts a day is needed. High calorie drinks are good substitutes if eating is difficult. Avoid excessively hot beverages.

**Physical:** For the first 24 to 48 hours, one should REST. Patients who have sedation should refrain from driving an automobile or from engaging in any task that requires alertness for the next 24 hours.

**THE DAYS AFTER SURGERY:**

1. Brush teeth in surgical area carefully.
2. Use either WARM SALT WATER, three to five times a day for seven days or PRESCRIBED MOUTH RINSE, twice a day.
3. If ANTIBIOTICS are prescribed, be SURE to take ALL that have been prescribed, AS DIRECTED.
4. Use WARM, MOIST HEAT on face for swelling, if any. Continue until the swelling subsides. A warm, wet washcloth or heating pad will suffice.
5. If SUTURES were used, they may require removal in five to seven days. Resorbable sutures may fall out prior to that. Do not be alarmed.
6. DRY SOCKET is a delayed healing response, which may occur during the second to fourth post-operative day. It is associated with a throbbing pain on the side of the face, which may seem to be directed up toward the ear. In mild cases, simply increasing the pain medication can control the symptoms. If this is unsuccessful, please call the office.

**CONTACT THE DOCTOR IF:**

1. Bleeding is excessive and cannot be controlled.
2. Discomfort is poorly controlled.
3. Swelling is excessive, spreading, or continuing to enlarge after 48 hours.
4. Allergic reactions to medications occur.