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POST-OP INSTRUCTIONS

Oral Surgery

Please Note

- It is normal to have soreness at the injection, incision or extraction site after oral surgical procedures.
- It is common to have numb tissues (cheeks, lips, tongue, etc.) after oral surgical procedures. Please use caution when biting or chewing to ensure you are not causing traumatic injuries to the tissues.

First Hour After Surgery

- If tolerated, firmly bite down on damp gauze packed over surgical area for 30 minutes. This will help stimulate blood clot formation and will minimize further bleeding. If necessary, replace with new dampened gauze until bleeding subsides. Intermittent oozing is normal for the first 24 hours. If extreme bleeding persists, call the office immediately.
- Do NOT eat, drink, or fall asleep with gauze in your mouth as this poses a choking risk.

24 Hours After Surgery

- Minimize smoking, vaping and use of chewing tobacco as these will put the patient at increased risk of developing "Dry Sockets."
- Do NOT use straws for one week as use of these will also put the patient at increased risk of developing "Dry Sockets." If a straw is the ONLY way the patient is able to drink liquids, please use them as minimally as possible for 72 hours.
- Avoid chewing in the surgical area.
- Brush teeth around the surgical site very gently as plaque formation will extend healing times. Brushing should begin the evening of your surgical appointment.
- If able, use ice packs on outside of mouth 20 minutes of every hour to slow and minimize swelling.
- Do NOT drive, operate machinery, engage in intense physical activities for 24 hours after surgery. This applies for as long as narcotic pain medicine is needed to control post-operative discomfort.
- Bruising may occur 24 to 48 hours after surgery.
- Most sutures (stitches) will dissolve on their own. Please call the office to have the sutures removed if they are still present after 10 days.

Diet

- Patients should be on a soft diet for three days. After three days, a normal diet can be reinitiated if chewing is comfortable for the patient.
- Fluids should be initiated post-operatively to ensure the patient remains well hydrated. Minimize consumption of carbonated beverages (soda, beer, etc).
- Do NOT drink alcohol for 24 hours.
- Avoid hard foods (nuts, popcorn, chips, etc). Hard foods can inhibit healing of the surgical site(s).