

# Post-operative Instructions

## Bleeding

Minor bleeding or blood tinged saliva may occur for the first 24-48 hours following surgery. Keep gauze packs in place over the surgical site/sites using firm pressure for the first 30-45 minutes. Remove gauze after 30-45 minutes and if the surgical site is not actively bleeding.

- **DO NOT** replace gauze if there is only slight oozing. If heavy bleeding still occurs, replace with new gauze and bite firmly for an additional 30 minutes. **If heavy bleeding continues, place a dry black or green tea bag on the extraction site for 30-45 minutes** (the tannins promote blood clotting).

- **DO NOT** smoke for 10 days

- **DO NOT** drink through a straw or suck on candy for one week

- Exercise should be minimal in the first 3 days after surgery to avoid increasing blood pressure. Try to avoid any vigorous activity or heavy lifting.

## Swelling

Swelling is the body's normal response to surgery and the beginning of the healing process. It will vary among patients and procedures. Swelling will increase over the first 48 hours and subside over the next 5-7 days.

- **Apply ice packs** (20min on 20min off) for the first 24-48 hours

- **For bruising switch to warm moist heat** (20min on 20min off starting AFTER the first 48hrs)

**Keep your head elevated** for 72 hours. Use 2 pillows while sleeping.

## Diet

You can eat as soon as you would like; a soft diet is recommended. Cool foods, iced beverages, smoothies, soup and protein shakes are best. Protein is essential for wound healing.

- **Avoid hot beverages until the numbness wears off**

- **Avoid dairy after the first few hours if you had an IV sedation/general anesthesia**

- **Avoid drinking carbonated drinks, alcohol, and mouthwash (Listerine)**

## Rinsing

You may begin gentle salt water rinses the next morning and will need to continue rinsing for 2 weeks.

- **Rinse 3-5 times daily using 1/2 tsp of salt and a large glass of warm water**

- **You can brush and floss as normal keeping the areas as clean as possible and being gentle when brushing toward the back areas**

- **Avoid excessive or hard spitting**

## Sutures

If sutures are placed, they will dissolve without having to be removed within approximately 3-5 days after surgery. Do not be concerned if they loosen or come out on their own.

***If you have any questions or concerns, Dr. Johnson can be reached at 425-736-7662.***