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**S. MICHAEL LODEN, DMD**

• General & Restorative Dentistry •

## Post-Op Surgery

***Swelling, discomfort, stiffness, and a small amount of bleeding following oral surgery are normal and expected. By following these instructions, post operative complications can be kept to a minimum.***

1. Avoid smoking for at least 48 hours post-operatively. Smoking will promote bleeding and will interfere with healing. Smoking causes the highest incidence of dry socket and post operative discomfort.
2. Avoid hot liquids and hot foods for 24 hours post-operatively. It is very important to drink plenty of fluids.
3. Do not drink through a straw and/or spit. Straw usage promotes bleeding and may dislodge the blood clot, causing a dry socket to occur. Do not rinse your mouth or brush your teeth until the day after surgery. This is to ensure the formation of a healing blood clot, which is essential for proper wound healing. Do not drink carbonated beverages for 48 hours. Also, avoid alcoholic beverages for 48 hours.
4. Do not touch or disturb the area where the work has been done with your tongue, fingers, or any sharp instruments (i.e. utensils). Any disruption may result in irritation, infection, and/or bleeding. For the first day or two, limit your diet to soft foods. Ice cream or yogurt may be the most comforting for the first day. Be sure to chew on the opposite side of your mouth for the first 24 hours.
5. Starting the day following surgery, brush and rinse your mouth as usual. Be gentle, but thorough; cleanliness is essential for proper healing. To rinse, it is recommended to dissolve one teaspoon of salt into one cup of luke-warm water, and then rinse four times daily. Avoid any peroxide rinses and/or Listerine for the next 72 hours.
6. Bleeding is normal following a surgical procedure. Prior to leaving the dental office, a gauze pad will be placed over the extraction site and you will be advised to maintain firm biting pressure for the time recommended by Dr. Loden (usually less than one hour). It is normal for oozing to continue in the saliva for a short period of time following the gauze pad removal. This is because it takes 18-24 hours for the blood clot to mature in the extraction socket. Should bleeding reoccur, apply firm pressure with the cotton gauze pack you have been given for approximately 15 minutes and repeat as needed. Alternatively, a tea bag soaked in cold water may be folded and bitten on (tea contains tannic Acid, which is a styptic, and may help reduce bleeding). Should the bleeding be excessive or prolonged, or if something seems abnormal, please do not hesitate to call our office.
7. Some discomfort is normal after surgery. Analgesic medications should be taken only as prescribed. Should the medication be inadequate, please call Dr. Loden.
8. To prevent swelling, apply ice packs to the side of your face where the extraction was performed. You should keep the ice packs there for 20 minutes and then remove for 20 minutes. Repeat this process for two hours. Also, make sure to wrap the ice packs in a cotton towel.

***If you have any questions or concerns, please call our office.***

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