



**Dr. Kelly McCracken**

**(913) 788-7600**

**[www.amazingsmileskc.com](http://www.amazingsmileskc.com)**

## **POST-OPERATIVE INSTRUCTIONS FOR ORAL SURGERY PATIENTS**

### **GENERAL INSTRUCTIONS:**

**For the first 24 hours following surgery you should be as inactive as possible. Use this day to care for your mouth and follow these instructions carefully.**

- 1. Keep the gauze firmly in place for 1-2 hours.** Frequent changing of the gauze will only increase bleeding. If you decide to replace the gauze, moisten it with water and squeeze so that it is damp before placing. Roll/fold it so that you maintain pressure while biting on the extraction site for this entire time.
- 2. Do not rinse the mouth or spit for 24 hours.** After the first day, gentle rinsing with warm salt water and careful toothbrushing is important. Do not "explore" or poke the extraction site.
- 3. For the first 2 days, limit your diet to mild liquids and soft foods**
  - **Avoid carbonated beverages and alcohol.**
  - **Avoid straws or sucking.**
  - **Avoid "hot" liquids.**
  - **Avoid crunchy/crusty/hard foods that may tear sensitive tissue.**
  - **Proper nourishment is important for healing. Do not miss any meals. Drink plenty of fluids.**
- 4. Do NOT smoke for 48 hours.** The "sucking" action could dislodge your healing clot causing a dry socket.
- 5. Take pain medication as prescribed.** Follow instructions for all medication accurately and timely.
  - Please take 3 (three) 200mg Ibuprofen/Advil tablets four times a day (not to exceed 2400mg/day) for three days to control any discomfort. If you are unable to take Advil, take 2 (two) Extra Strength Tylenol 500mg tablets four times per day (not to exceed 4000mg/day) for three days. If this does not control your discomfort, fill the prescription (if given) as directed.
  - If you did not receive a pain control prescription and are experiencing pain that is not comforted with Advil/Tylenol, please call our office immediately. You may supplement the prescription with the above mentioned Advil/Tylenol advice for added pain control. Be aware that your pain medication may already contain acetaminophen (Tylenol) so do not exceed the above mentioned recommendation. If you have a liver condition or allergy, please let the office/pharmacist know.
- 6. Apply ice to the surgical area (30 minutes/hour) for 24 hours.** Then apply warm moist packs to reduce swelling starting the third day.
- 7. Return to the office as requested.** If you have complications, please call our office.
  - If you received sutures/stitches, likely these are dissolvable and will disintegrate on their own. You will not need to return to have them removed unless specified by Dr. McCracken. Avoid touching them with your tongue. These will dissolve usually within 2-7 days.



**Dr. Kelly McCracken**  
**(913) 788-7600**  
**www.amazingsmileskc.com**

## **YOU MAY EXPERIENCE:**

### **PAIN:**

In the event you have some pain and the medicine prescribed (see other page, item #5) for you does not give you relief, please contact our office.

### **SWELLING:**

This may be from a number of causes, but it is usually a natural reaction of the body to surgery on the oral cavity. If the swelling is extensive, accompanied by pain or continues to increase after the second day, please report to our office. Extreme swelling may need to report to the Emergency Room.

### **BLEEDING:**

Cleanse your mouth with a gentle rinse of fresh water being careful not to spit forcefully, then place folded gauze over the area (do not use absorbent cotton). Close your jaws tightly upon the gauze for at least 1-2 hours. Do not become excited, but remain quiet with the gauze in place. If the bleeding continues you may try a damp tea bag and pressure. Many times the tannins in tea can slow bleeding. Often there is a slight oozing of blood which when mixed with natural saliva may appear to be excessive bleeding. Remain calm and maintain pressure as directed above. If you feel that excessive bleeding will not subside, please contact our office. If you are calling after-hours, the doctor's cell phone is stated on the office's answering message.

It is normal to see some blood residue on your pillow the morning following an oral surgery procedure.

### **STIFFNESS:**

This, like the swelling, is a natural reaction of your body to surgery. You can help overcome the stiffness by opening your mouth very wide several times a day and applying moist heat to your jaw muscles.

### **NUMBNESS:**

You may notice a persisting numb sensation following surgery of the oral cavity. It is usually temporary in nature, and normal feeling will return; however, it is important that this numbness be reported to our office.

## **DRY SOCKET INSTRUCTIONS:**

Patients who follow these instructions will greatly reduce their chances of developing a dry socket.

In the event you have developed a dry socket (many times indicated by increasing pain on the third day; most patients reporting a pain level above "7" on a scale of 1 to 10) the dentist will place a medicated dressing into the socket at treatment.

This dressing will help ease and moderate the pain. The dressing **MUST BE** removed and replaced **BY OUR OFFICE** every 2-3 days until the dry socket symptoms subside or disappear. You **MUST** return for the dressing to be removed. You will be given an appointment for this to insure all remnants of dressing have been removed from the site.