

## DEPARTMENT OF ORAL MAXILLOFACIAL SURGERY

### HOME CARE ADVICE FOLLOWING ORAL SURGERY

Please read these directions over carefully. Be sure to follow this advice precisely in order to ensure yourself comfort and an unimpaired speedy healing process. If there is any matter that needs further explanation or if you have any questions about this home care routine, **PLEASE DO NOT** hesitate to ask the doctor. \*

1. **HEALING: DO NOT DISTURB THE WOUND** by touching it with fingers, toothpicks or tongue; irritation, bleeding and infection could result. The blood clot, which forms over the area are nature's method of healing and should not be disturbed.
2. **RINSING: DO NOT RINSE DURING THE DAY OF YOUR ORAL SURGERY.** This is to avoid disturbing blood clot which is essential for proper healing of the wound. **YOU SHOULD RINSE YOUR MOUTH FOR THE NEXT 4 OR 5 DAYS.** Rinse with a full cup of lukewarm tap water every 2 hours, especially after eating, for 3 to 5 minutes. You may want to add ½ teaspoon of baking soda or ½ teaspoon of salt to the cup of warm water and stir. This will help relieve soreness and keep the wound clean. You may begin to **BRUSH** your teeth the day after the surgery. Brush **GENTLY** and **AVOID** the wound for 4-6 days. Then resume normal brushing.
3. **CONTROLLING BLEEDING: SOME SLIGHT OOZING OF BLOOD FROM THE WOUND IS NOT UNUSUAL.** To minimize bleeding after an extraction, bite **HARD** and **STEADILY** on gauze thus exerting pressure on the wound for a minimum of ½ hour and even as much as a 1 hour. If bleeding should continue after removing the gauze, wipe away the excess blood clot and place another piece of gauze or wet tea bag over the extraction site and bite down **HARD** and **STEADILY** for another ½ hour to 1 hour. **DO NOT LIFT UP THE GAUZE DURING THIS PERIOD TO SEE IF IT IS STILL BLEEDING.** Also do not rinse your mouth out with water during this period. If bleeding continues after these two attempts to control the bleeding, **PLEASE CALL US IMMEDIATELY!**
4. **RELIEVING PAIN:** Some slight discomfort is to be expected. To alleviate this discomfort, take 2 tablets of Tylenol or Aspirin, starting 1 hour after the extraction. This will help maintain minimal discomfort. You may want to repeat this every 4 hours for the next day or two depending on how uncomfortable you are. A prescription for pain medication, which is more potent than the above analgesics will be given to you if the doctor feels that your oral surgical procedure warrant it.