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POST-OPERATIVE SURGERY INSTRUCTIONS

ACTIVITY

Reduce activity on the day of extraction then increase as tolerated. Avoid heavy exercise (running, aerobics) for one week after surgical removal of impacted teeth or major surgery.

BLEEDING

Bite firmly on folded gauze for 20-30 minutes (or until home and resting comfortably). Some seepage of blood is common and may persist into the next day. If excessive or prolonged bleeding continues bite on another folded gauze for an additional 30 minutes. You may have to do this several times. If this is not successful try biting on a moist tea bag. Rest (with head elevated) and avoid physical activity. Do not suck at blood clot or spit. Do not use a straw. Do not smoke for at least 2 days. If excessive bleeding persists, please call our office.

MOUTHRINSING

Do not rinse or brush teeth after surgery, for the remainder of the day. The following day, gently rinse after each meal and at bedtime with lukewarm water. You may now carefully brush your teeth but avoid the extraction sites until tenderness is gone.

LIPS

Lips should be kept moist with a cream or Vaseline to prevent drying and cracking.

SWELLING

Swelling reaches a maximum at about 48 hours. Therefore apply an ice pack to the surgical area on and off every 20 minutes the day of and the day after surgery (2 days). Start opening jaw exercises once bleeding has stopped because swelling will make it stiff. After 2 days start applying moist heat (wet washcloth) to the surgical area for 20 minutes at least 4 times a day. Continue jaw exercises until the opening returns. If you develop a hard, enlarging swelling and associated fever, please call and return for treatment.

PAIN

Take the pain medication that was prescribed for you with food. In cases where no prescription was written you may take 2 tablets of Tylenol or Advil (if tolerated) every 4 hours for the slight discomfort. Severe pain occurring around 2-4 days after oral surgery usually indicates delayed bone healing in the sockets. Please call and return for treatment if this occurs.

DO NOT drive, operate machinery or use alcoholic beverages while taking prescription pain medication.

DIET

Drink only liquids until the numbness has worn off then eat soft bland foods. Drink large amounts of fluids (not through a straw). Continue to add non-scratchy foods until you can comfortably return to a normal diet. Antibiotics are best taken on an empty stomach but if they irritate the stomach or cause nausea, you may take them with food.

FOODS TO EAT OR NOT TO EAT

YES

Warm soups, juices (apple, cranberry, grape), milk, herb tea, applesauce, custard, pudding, Jello, yogurt, Ice cream, cottage cheese, eggs (scrambled, soft boiled, poached), cheese, oatmeal, farina, pasta, noodle dishes, tuna fish, soft bread (No seeds), fish, chicken (Not fried), soft meat.

NO

Spicy foods, hot foods (let food cool down) acid type juices (tomato, grapefruit, orange) hard scratchy foods (chips, salads, bread, popcorn, fried foods), alcoholic beverages.
