



## **INSTRUCTIONS TO OUR PATIENTS FOLLOWING ORAL SURGERY**

1. Do not spit or rinse your mouth today as this may dislodge the blood clot and interrupt normal healing. It is recommended that you do not drink thick liquids through a straw. It is also wise to not smoke for at least the first 24 hours.
2. Your teeth should be given their usual care, except for the operated area. Do not directly clean that area for 7 days since rinsing with dilute salt water will be adequate. Beginning the morning after surgery, rinse your mouth with a warm saline after each meal (1/2-tsp. salt in a glass of warm water). Continue this for 7 days. After 10 days, you may clean the surgical area with your tooth brushing and normal rinsing.
3. Bleeding after removal of teeth or other oral surgery is normal and may continue for 2-3 days. If bleeding is excessive, bite with steady pressure on a small pad of sterile gauze for 45 minutes. If the bleeding does not subside, please call for further instructions. Use an old pillowcase over pillow for 2-3 nights.
4. Follow your own inclination as to diet. It is recommended that you eat 5 or 6 smaller meals a day for the first couple of days if you had wisdom teeth or several other teeth removed. If you do not feel like eating, at least take in fluids: juice, soda, broth, etc. Do not eat or drink anything hot today.
5. For discomfort make use of any prescription given you or whatever you normally use for a headache.
6. If specifically recommended by your doctor, apply an ice bag to your face over the operated area as soon as possible for six hours (1/2 hour on, 1/2 hour off, 1/2 hour on). Any swelling will peak after 48 hours and then gradually subside.
7. After teeth are removed some patients may feel hard projections in the mouth and think they are roots. This is usually the hard bony portion that surrounds the roots of the teeth; they generally break away or work themselves out. If still present after one week, call our office for instructions.
8. Do not drive a car or operate other mechanical equipment for 24 hours if any intravenous sedation was given, or if the pain medication makes you drowsy.
9. If you should develop a fever or pain subsides and then increases again after a few days, contact our office.

**During normal business hour, call (410)-706-6195.**

**After normal business hours, Call (410) 328-2337, then dial 1333 and input your call back number when indicated to do so.**

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