



Erik J. Harriman, DMD, MD

23 Water Street, Saco, ME 04072 ♦ Phone (207) 282-6139 ♦ MaineOMS@gmail.com ♦ MEoralsurgery.com

CARE OF THE MOUTH AFTER ORAL SURGERY

- **Bleeding** – Naturally there will be some bleeding after an extraction. Bite on the gauze with firm pressure for 30 minutes to 1 hour. If there is continuous bleeding, bite on another gauze for 30 more minutes. You may taste blood and see a pinkish color in your saliva for 24-72 hours, this is normal. If heavy bleeding persists after *several* gauze changes, or if you are spitting out large blood clots, please call the office.
- **After the bleeding has stopped** – You may start with some liquids and soft foods. Do not rinse or spit for the rest of the day, and do not use a straw as this will dislodge the clot and bleeding will persist. You do not want any negative or positive pressure in your mouth (like sucking through a straw or blowing up a balloon).
- **What to eat-** Eat cold, soft food for the next few days. This may include things like ice cream, pudding, yogurt and jello. You'll want to avoid anything spicy, chewy, hot or crunchy. As the days go by, you will get closer to eating a normal diet. You know your body best, so if it's uncomfortable to eat solid foods, switch back to cold/soft foods for a while.
- **DO NOT SMOKE/USE STRAWS** for 1 week. Smoking/Straws may cause a dry socket/pain and slows the healing.
- **Tomorrow** – Rinse mouth 2-3 times a day using warm salt water. Continue rinses for one week. Gently start brushing and return to regular brushing in the next few days.
- **Swelling** – Swelling may start after surgery but is no cause for alarm. You may use an icepack for 20 minutes on, 20 minutes off for the first 6-12 hours. If you are unrecognizably swollen, please call the office.
- **Discomfort** – If you are able, take 600mg Ibuprofen (Advil/Motrin) and/or 650mg acetaminophen when you get home. Continue every 6 hours as needed. These medications can be taken together. If you need extra pain relief, you may use the prescribed pain medication. Medications should be taken with food to avoid nausea. Do not work, drive or operate machinery if you are taking prescribed pain medications.
- **Other medications** – Your doctor may have prescribed an anti-nausea medication and an antibiotic for you to take. Please take these medications as directed by your pharmacy.
- **Other considerations** - If you had general anesthesia today, do NOT drive for 24 hours. You also may need assistance getting around for the first few hours after surgery. On average, you will need to be excused from work/school for 5 days.

In case of unusual difficulty following surgery, please call the office immediately and speak directly with the doctor.