

Oral Surgery After-care

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use 1/4 teaspoon of salt dissolved in a 8 ounce glass of warm water and gently rinse portions of this solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily preferably after meals for one week after surgery. Avoid commercial mouth rinses, as they contain a small amount of alcohol in them.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery, normally the day after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

HEALING: Normal healing after tooth extractions should be as follows:

The first two days after surgery are generally the most uncomfortable and there is usually some swelling and/or bruising in the affected area. On the third day you should be more comfortable and although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be a gradual steady improvement. If you don't see continued improvement, please call our office.

DRY SOCKET: This is an occasional complication after tooth extraction, especially with 3rd Molars (Wisdom Teeth) and lower teeth. It is caused by the blood clot dissolving too early, and it is identified by increased pain/discomfort after the first few days of normal healing. While this process is self-limiting, it can be uncomfortable. Please call our office as soon as possible so we can treat you and relieve your pain.

Common temporary post-operative symptoms:

- Jaw stiffness with difficulty in opening
- A slight earache on the side of the surgery
- Your other teeth may ache. This is "sympathetic" pain.
- The corners of your mouth may be dried, cracked, or bruised. Use cream or ointment to keep the area moist and to promote healing.
- Black and Blue discolorations or bruising may occur on the face in the area of surgery. This should resolve itself within several days.
- There may be elevation of body temperature for 24 to 48 hours (Up to 101 F). If the temperature persists, please call our office.

Remember, you just had a surgical operation. Be kind to yourself.

It is our desire that your recovery is as smooth and pleasant as possible. Following these simple instructions will assist you in your recovery, but if you have any questions about your progress, please call our office.

