



**DR. ERIC GUIRGUIS, DDS, MSD**

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## **ORAL SURGERY POST-OPERATIVE CARE**

*to aid healing and reduce complications*

### **Bleeding.**

A small amount of bleeding is natural. Rest quietly and keep your head elevated. Place a folded gauze over extraction sites for 2 to 3 hours. Bite down on gauze with pressure. Do not change gauze pack more than once per hour. Oozing may occur for a few days and if so re-pack the area with new gauze and close jaws firmly for 20-30 minutes. Tea bags are also useful to control bleeding at home. If bleeding seems to be excessive at home tonight, wet a tea bag with warm water and place it over the bleeding area, bite down firmly for one to two hours and bleeding should stop. If bleeding is significant, and blood clots are present in the mouth, you need to be seen by our office.

### **Swelling.**

Swelling and sometimes bruising are common after surgery. The maximum swelling, discomfort and stiffness normally occurs 2 or 3 days after surgery. Apply ice packs for 15 minutes on then 15 minutes off until bedtime for the first 24 hours. This will keep swelling to a minimum. Moist heat after 24 hours will help with soreness.

### **Pain.**

The greatest amount of discomfort is in the first 6 to 8 hours after surgery. Never take pain medication on an empty stomach. Take pain medication only as directed. If itching or rash develops, stop taking all medications and contact our office immediately. If a dull pain along with an earache increases on the 3rd or 4th day, call the office so that you may be seen. Other teeth may ache. This we refer to as sympathetic pain and it is a temporary condition.

### **Muscle Soreness.**

Difficult in opening the mouth is common after wisdom teeth extractions. Practice opening progressively wider. Placing two fingers between the teeth and stretching as well as using moist heat after 36 hours may also be helpful.

### **Mouth Care.**

No rinsing or smoking for 24 hours following surgery. The day after surgery, rinse with 8oz of warm water mixed with 1/2 teaspoon of salt 3-5 times daily for at least one week. Brush and floss as usual but avoid the surgical sites. The corners of your mouth may dry and crack so keep them moist with a lip protectant. Also, avoid bending over and heavy lifting for the first 24 hours. If a dressing has been placed over the surgical site, try to stay away from it. The dressing is primarily for comfort. If the dressing should become loose or fall off, and there is no increase in the level of discomfort, it is okay to leave it off.

### **Diet.**

It is important to maintain good nutrition following surgery. A lukewarm soft diet is suggested the day of the surgery. Do not drink through a straw. Eat progressively more solid foods after this first day. Do not eat popcorn, peanuts, nuts, seeds, chips, hard, chewy foods. Drink plenty of fluids. Protein supplement is recommended.

### **Infection.**

Infection following surgery is rare but if swelling and discomfort worsens after the 4th day following surgery along with a foul taste, fever and difficulty swallowing, contact the office or emergency number immediately.

**If any difficulty arises at any time, please call Dr. Guirguis's office during the day at (440) 835-8883. If you have an emergency after hours, please call (440) 781-2345.**