

## Mid Valley Dental Associates

Michelle L. Hasbrook, DMD

Geoffrey A. Berg, DMD

Brian D. Tidwell, DDS

120 Atwater St. N  
Monmouth, OR 97361  
503-838-2998

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### THINGS TO EXPECT AFTER ORAL SURGERY:

**Swelling:** This is normal following surgery in the mouth. It should reach its maximum in 48 hours and diminish thereafter.

**Discomfort:** The most discomfort you will experience will be during the period immediately after sensation returns to your mouth.

**Hemorrhage:** Some bleeding or "oozing" for the first 24-36 hours is common.

1. **Bleeding:** keep your head well elevated the first 24 hours. Bite on the gauze placed in your mouth at the end of the procedure for at least 3 hours. If bleeding is more than slight, with gauze, remove all excess blood clot. Place dampened gauze over the bleeding area and firmly hold it in place for 20 minutes so no blood escapes. Repeat this procedure several times. If bleeding persists, bite on a damp tea bag for 20 minutes. **IMPORTANT:** these measures will work only if the packs are in the bleeding area and are under pressure.

2. **Swelling:** swelling is usually in proportion to the surgery involved. However it may be minimized by the immediate use of ice or cold packs applied to the face over the surgical site. Place pack on face for 30 minutes and then remove for 30 minutes. repeat this procedure for 24 hours. After that cold packs will be of little value.

3. **Diet:** after waiting 1 hour you should be able to take fluids by mouth. A liquid diet is desirable for the first day. This would include soups, juices, milk, etc. An adequate fluid intake of at least 2 quarts a day is essential.

4. **Medications:** it is essential to take all medications as directed. This will help control pain and prevent infection. Please be sure to take pain medications with food.

5. **Mouth Rinse:** do not rinse on the day of surgery. After 24 hours rinse the mouth with warm salt water (1 tsp. salt to an 8 oz. glass of water) following meals is advisable.

### THINGS NOT TO DO:

Avoid smoking, spitting, or drinking with a straw for the first 24 hours after surgery. These activities tend to dislodge the blood clot which causes additional bleeding and increased pain.

Do not apply heat to the face during the first 24 hours. This will increase swelling.

Avoid strenuous physical activity for 24 hours. This includes any activity in which one becomes winded as this may cause a renewal of bleeding.

### IMPACTED TEETH:

The following conditions are common with the removal of impacted teeth:

- difficulty in opening your mouth
- ear ache on the side of surgery
- dry socket
- pain when swallowing
- bruising of the face and neck

Occasionally numbness of the lower lip or tongue occurs, which is usually a temporary condition. It is not disfiguring, just annoying.

Following surgery the remaining teeth may realign themselves causing some temporary discomfort.