

COOLEYSMILES
GENERAL & COSMETIC DENTISTRY
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POST-ORAL SURGERY INSTRUCTIONS

- FIRST HOUR:** Make sure that the gauze remains in place and maintain pressure as you were instructed.
- APPLY COLD PACKS:** Apply ice in a small plastic bag to your cheek in the area of surgery. A better alternative to ice is the use of bags of frozen peas- they can be better adapted to your cheek to keep the area cold. Buy extra bags so they can be refrozen while the others are in use. Apply for 20 minutes and then remove for 20 minutes. Repeat this procedure until bedtime. Continue this procedure in the morning until 24 hours have passed since your surgery.
- RINSE:** Starting 24 hours after surgery rinse 4 to 6 times a day with warm salt water (dissolve 1 teaspoon of salt in a 8-ounce glass of warm water). A diluted solution of Chloraseptic mouthwash may be used if you prefer. This should be continued for 4 to 5 days.
- FIRST 3 DAYS:** Suck on ice chips or crushed ice. This thins the saliva and keeps the surgery site cold. Rest as much as possible.
- NAUSEA:** If you experience any nausea, take one ounce of a carbonated drink every hour for 5 or 6 hours. Then drink mild tea, clear broth and soft foods before resuming your regular diet.
- BLEEDING:** A little bleeding or oozing is normal. If bleeding continues after you have removed the gauze, it can be controlled with simple pressure. Apply gauze to the wound area that is thick enough to apply light pressure when the mouth is closed. Do this for 20-30 minutes and repeat if necessary. If you have persistent bleeding, bite on a moistened tea bag for 20 minutes. Apply an ice bag to the cheek and lie down with your head elevated on 2-3 pillows.
- SWELLING:** A certain amount of swelling is to be expected but it will be minimized by following the above instructions. After 24 hours apply heat to the outside of your face using a warm, moist dressing. DO NOT use heat continuously--only 20 minutes out of every hour.
- SHARP EDGES:** If you feel something hard when you place your tongue on the surgical site, you may think it is part of the tooth. This is the hard bony wall that originally supported the tooth. Leave it alone and it will heal nicely.
- DIET:** A nutritionally balanced diet is very important. During the first 24 hours eat soups and soft foods that are easily chewed and swallowed. Meats, vegetables, and fresh fruits can be liquefied in a blender. Gradually progress to solid food...DON'T SKIP MEALS.... If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. Take any prescribed food supplement as directed. If you are a diabetic, maintain your normal diet and take medication as usual.

MEDICATIONS: Continue to take any medication that you normally take and BE SURE to take regularly any medication that has been prescribed for you. Pain medication may sometimes cause nausea and if this occurs discontinue taking it or take it after having eaten.

IF YOU HAVE ANY DISCOMFORT OR PROBLEMS THAT CONCERN YOU, BE SURE TO CALL THE OFFICE!!

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