

Ohana Smiles Post-Operative Care

Do Not Disturb the Wound: The healing process begins immediately after surgery. Irritation, infection, and bleeding may occur if the wound is disturbed. In most cases, pressure from a piece of gauze is adequate to control bleeding and aid blood clot formation. If you have sutures, they may need to be removed in 3-5 days.

Dry Socket: A dry socket results from dislodging the blood clot from the extraction site and is very painful. To avoid it, do not create any suction in your mouth for 3-5 days after surgery, i.e. no drinking through a straw, no smoking, no vigorous swishing, and no spitting. If a dry socket occurs, please contact our office.

Bleeding: Keeping your head elevated and biting on gauze firmly may be necessary for at least 30 minutes to control bleeding. The gauze may be changed every 30 minutes until bleeding stops. In rare cases, a wet tea bag (tannic acid) may need to be placed over the extraction site to encourage clotting (regular tea, not herbal). It is not unusual to have slight red or pink in your saliva. However, dark red in your saliva may indicate that the blood clot has been dislodged, creating a dry socket. If bleeding persists, please contact our office.

Swelling: Some swelling is normal after surgery. Maximum swelling should be reached in 48 hours and diminish by the fifth post-operative day. An ice bag or cold compress may be used to minimize swelling within 12 hours of the extraction. Limit contact with skin to 15-minutes-on/30-minutes-off to avoid frostbite.

Discomfort and Pain: Most discomfort may be experienced within two hours of surgery as the anesthetic wears off. Do not wait for pain to worsen before taking medication since it takes 30-45 minutes to take effect.

Recommendations for adult pain management if they are not prohibited by your health conditions:

Ibuprofen

400-800mg every 8 hours

DO NOT take more than 800mg at one time

DO NOT take more than 2,400mg in a 24-hour period

Tylenol

650mg (two regular-strength) or 1,000mg (two extra-strength) between Ibuprofen doses as needed

DO NOT take more than 3,000mg in a 24-hour period

Do Not Use Tobacco Products: Smoking, chewing tobacco, or using other tobacco products can slow healing process, induce bleeding, and cause dry socket. Do not use tobacco products for 72 hours after the surgery.

Be Careful While Brushing: It is important to keep the area as clean as possible for several days after the extraction in order to prevent infection and promote healing; however, do not directly brush the extraction site for the first 3-4 days after surgery to prevent dislodging the blood clot from the socket. Instead, carefully wipe the area with a clean and wet gauze or cloth. Gently rinsing with warm salt water (1 teaspoon of salt in a glass of water) can help with the healing process and is allowed 24 hours after surgery.

Watch What You Eat: Eating immediately after surgery is not recommended; however, you may eat after the anesthetic wears off. Be sure to chew on the opposite side for the first 24 hours to keep food away from the extraction site. Drink plenty of fluids as well. A diet of soft foods (e.g. yogurt, mashed potatoes, and soups) should be maintained within the first 48 hours. Foods with tiny particles/seeds, foods that crumble (e.g. potato chips, popcorn, and crackers), and spicy foods should be avoided. You may return to normal diet as tolerated.

Reduce Your Activities: Your activities should be limited within the first 24 hours because strenuous exercises and heavy-lifting may lead to bleeding. Normal activity may resume 2-3 days after the surgery.

Please contact our office with any questions or concerns.

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