



330 Harrison Bridge Road
Simpsonville, South Carolina 29680
(864) 962-6671 Fax (864) 962-6683
businessoffice@tylancreek.com

2710 Highway 153
Piedmont, South Carolina 29673
(864) 603-2200 Fax (864) 603-2201
powersville@tylancreek.com

Post-Operative Instructions for Oral Surgery

Bleeding

Maintain firm biting pressure on the gauze pack for 45 minutes. Mild oozing of blood may occur for up to 24 hours. **Excessive** bleeding can be controlled by placing a fresh piece of cool, damp gauze or tea bag over the socket and applying firm biting pressure for one hour. Only use damp gauze, never dry. Only place additional gauze, if blood is flowing from site. Slight oozing of blood is normal.

Smoking

Smoking should be avoided *for at least **THREE (3)** days* to allow a clot to form where the tooth was extracted. Smoking can disrupt or dislodge the clot causing dry socket.

Oral Hygiene

Continue normal brushing routine with careful brushing around the extraction site. Avoid all oral rinsing for 24 hours following the extraction. After 24 hours a gentle salt water rinse (4oz of warm water with one teaspoon of salt) can be added to your oral hygiene routine. Avoid rigorous swishing and spitting as this can dislodge the clot forming in the socket.

Diet

Do not eat until the anesthetic has worn off to avoid biting your tongue or lips. A soft diet is recommended for the first 24 hours. Try to avoid sharp or crumbly foods that can irritate the socket. After 24 hours you can return back to your normal diet if comfortable. Be sure to drink plenty of water to stay hydrated while healing. *Do not use straws for three days following the extraction.*

Swelling

Swelling, bruising, or discomfort is expected and normal following oral surgery. The use of ice packs in 20 minute intervals, (20 minutes on and then 20 minutes off) will help reduce swelling and alleviate pain associated with the extraction (not heat). If swelling has not lessened or pain is increasing, after three (3) days, contact our office.

Medications

We recommend taking an over the counter regime of two (2) 200mg of Advil (Ibuprofen) and one (1) 500mg of Tylenol (Acetaminophen) every 6 hours for pain. Most post-operative pain can be effectively managed with this regime. Your doctor may prescribe different pain medication and/or antibiotics. If you are given a prescription, do not take over the counter regime. Take prescribed medication only as directed.

For 24 hours: NO FORCEFULL SPITTING, NO SMOKING, NO DRINKING WITH A STRAW,

NO CARBONATED BEVERAGES, NO STRENOUS EXERCISE

If you have any concerns after our offices have closed you can reach us by calling the office and following directions to be forwarded to the doctor on call.