



Post Oral and Maxillofacial Surgery Instructions

Bleeding

In order to control bleeding, it is important that you bite down firmly (maintaining constant pressure) on a piece(s) of gauze (a wet tea bag may be substituted) rolled up and placed in between the teeth directly over the extraction site(s) for 30 minutes. If there is still some bleeding present, repeat the step above. It is normal for your saliva to streak with blood for the rest of the day. For the next 24 hours, it is important that you...

- ✓ Do not drink through a straw.
- ✓ Do not smoke.
- ✓ Do not spit forcefully.
- ✓ Do not rinse your mouth. It is permissible to drink the usual liquids, avoiding anything too hot or too cold and anything carbonated.
- ✓ Maintain a diet consisting of soft foods, being careful not to eat anything that will get into the extraction site.
- ✓ Keep your fingers and/or tongue away from the extraction site.

Medication

If you have any discomfort, take whatever you normally would take for a headache as directed on the bottle. An over-the-counter medication containing ibuprofen (Advil, Motrin) usually works best. If necessary, a stronger pain medication will be prescribed for you.

Sutures

If sutures (stitches) were required, depending on what type was used, they may need to be removed in approximately 5 days. If an appointment was not made for you to remove your sutures, please call our office to set one up.

Swelling

To some degree, swelling and discoloration is to be expected (not all patients will have the same experience). Typically, it will have reached its maximum within two days and will disappear gradually. If you desire, ice packs may be applied for the first couple of hours only, alternating 15 minutes on and 15 minutes off.

If excessive bleeding, pain, or swelling occurs, please call our office at (308) 632-6331 at once!

Thank you for giving us this opportunity to serve you! We truly appreciate your confidence in us as your dental care provider.