

## CARE FOR MOUTH AFTER ORAL SURGERY

- **Bleeding** – Keep the gauze in your mouth for two hours after leaving the office. There will be a small amount of blood in your mouth for the first 24 hours after your surgery. Therefore gauze will “spot” with blood if you keep taking gauze in and out of your mouth.

IF – you look into your mouth and see active oozing of blood, take a fresh gauze or a large tea bag, fold into a tight ball, moisten it and place it directly over the bleeding area. Keep firm pressure on the area for two hours. If you continue to have active bleeding, call our office. **THE NUMBER ONE REASON BLEEDING OCCURS IS BECAUSE THE GAUZE IS PLACED BETWEEN THE TEETH RATHER THAN OVER THE SURGICAL SITE. BE SURE THE GAUZE IS OVER THE SURGICAL SITE.**

- **Swelling** – Keep your **head, back and shoulders elevated** for three days after your surgery. This will reduce swelling, bleeding, bruising and soreness. If you lay down flat, **YOU WILL HAVE MORE SWELLING**. Normal swelling is soft, and slightly tender. You may apply a cold compress if you wish. **DO NOT** apply heat to your face.
- **Food** – If you have had general anesthesia, you may drink clear liquids after two hours. If the clear liquids **DO NOT** upset your stomach, you may eat soft foods such as soup, Jell-O, pudding, mashed potatoes or any food prepared in a blender. You should try to go back to a soft diet as soon as possible. **DO NOT** use a straw for 24 hours.
- **Pain** – After you are sure that you can keep food down, you should take your pain medication. **DO NOT** take the pain medication on an empty stomach.
- **Driving** – **DO NOT DRIVE** until the day after your procedure if you have had general anesthesia. You should avoid driving while taking any narcotic pain medication.
- **Smoking** – **DO NOT** smoke or use smokeless tobacco for 48 hours.
- **Brushing & Rinsing** - You may begin this at bedtime the day of surgery. Take care around the extraction sites. One teaspoon salt in one cup of warm water makes an acceptable rinse.
- **See Escort Instructions on the back of this page.**

If you need us, please feel free to call us at:  
Memorial Drive (931) 552-4935 or Parkway Place (931) 552-7575  
[www.ellisoms.com](http://www.ellisoms.com)



## POST ANESTHESIA INSTRUCTIONS FOR ESCORTS

The person you are escorting has received medications that will alter their mental functions. Although greater than 90% of the effects are worn off by the time they leave the clinic there will be some lingering affects. Please remain with this patient for at least 8 (eight) hours.

You will need to help the patient do the following:

- DO NOT allow them to drive until tomorrow.
- Review these Pre-Printed Post Operative Instructions with the Patient.
- Help the Patient get into the Automobile and home.
- Have the Patient keep his/her head, shoulders & back elevated for 72 hours.
- Remove the gauze before sleeping. The gauze should stay in position for two hours after leaving our office.
- Encourage fluid intake today. Start with clear liquid such as water, tea or Kool-Aid.
- Pain Medications may be taken after the patient tolerates clear liquids and food.
- A fever less than 101°F may occur in the 1<sup>st</sup> 24 hours. Fluids and ambulation will aide in reducing a fever in most post-surgical patients.
- It is okay to start brushing the other teeth the night of the procedure.
- Call our Office if you have any problems, questions, or concerns.

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