

JOHN E. VILLANO DDS, PC  
2233 WILLAMETTE St., BLDG G ~ EUGENE, OR 97405  
(541) 484-2136

10. If **problems** arise, please call the office (541 484-2136). There is a 24 hour answering service available for evenings and weekends.

## POST-ORAL SURGERY INSTRUCTIONS

Now that your oral surgery is complete, follow these procedures to make yourself more comfortable, promote healing, and help prevent complications.

1. *Following surgery;* Make sure the **gauze** remains in place until the bleeding stops. This usually takes 2-4 hours. Replace the gauze as needed.
2. *When you get home;* Apply an **ice** pack to your cheek or jaw, 20 minutes on, 20 minutes off, until bedtime.
3. *Day after surgery;* Rinse with warm salt water 3 times daily (after eating) for 5 days. Dissolve one teaspoonful of salt in an 8 ounce glass of warm water. Rinse mouth *gently* using the entire glass of water. (Vigorous rinsing may dislodge the blood clot.) If you received a prescription mouthwash you may begin rinsing morning and evening for 4-5 *days*.
4. *If you have swelling,* apply **warm, moist heat** to the outside of your face, 20 minutes out of every hour.
5. *For 2-3 days;* Use pain medication (if needed) as directed and rest as much as possible, keeping your head elevated on 2 pillows. Avoid strenuous activity. **Do not smoke for at least one week.**
6. **DAY 4;** begin using the water syringe (lower molars only), after eating. Fill the syringe with warm salt water, **insert tip into extraction site** and rinse. This removes food debris from the site.
7. *Diet;* If sedated, a few ounces of a **carbonated soda** may help combat nausea. Then **cool, soft and creamy** foods (ice cream, yogurt, pudding etc) for the remainder of the day. A soft diet for the next few days is recommended. Avoid crunchy, hard foods like nuts, chips, popcorn etc. Avoid chewing in the area of the extraction site for the recommended remainder of healing time. **Do not use a straw.** Drink directly from a cup for a full week.
8. *Persistent bleeding;* A little oozing is normal. **If bleeding persists** after several hours, bite on a **moistened tea bag, gauze soaked in black tea or gauze soaked in a 50/50 solution of hydrogen peroxide and water**, for twenty minutes. Lie down and elevate your head.
9. *Stiff jaw;* This is normal—periodically chewing gum while applying warm, moist heat should bring relief.

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