

## **Oral Surgery Post-Operative Instructions**

Your healing and recovery from surgery depends on you carefully following these instructions. As with any surgical procedure, stiffness and discomfort are common.

1. Do not smoke for 48 hours after surgery. Smoking makes you more likely to develop a dry socket.
2. Do not drink through a straw or spit for 24 hours after surgery. The suction created causes the blood clot to dislodge and makes you more prone to a dry socket.
3. Place an ice pack on the outside of your face in 15 minute increments (15 minutes on, 15 minutes off) for the first 2 hours.
4. Do not use any rinses the day of the surgery. The day after the procedure mix 1/2 teaspoon of salt in a glass of warm water and rinse gently for 30 seconds. Repeat this several times daily.
5. Avoid all alcohol for at least 48 hours. Remember that mouth rinses such as Listerine and Scope have a very high alcohol content.
6. Avoid hydrogen peroxide rinses and carbonated beverages for 48 hours. The fizzing may dislodge the blood clot and make you prone to a dry socket.
7. Keep fingers and tongue away from the surgical site(s).
8. It is normal for your saliva to have a red tint for 1 to 2 days. If bleeding persists, place moist gauze over the socket and apply biting pressure for 30 minutes.
9. If you were prescribed a medication, please take it as directed. If medication was not prescribed, then you can take over the counter pain medications such as Advil or Tylenol for relief of pain. Avoid aspirin as it may cause additional bleeding.

**After Hours Emergency Number**  
**817-689-3837**