**Surgical Post Operated Instructions**

Please contact the office at 717 843 8011 (after hours – there is a cell number listed to call)

After your extraction or surgery, we have placed a gauze pack to help with post op bleeding. Please continue to keep the gauze in place and place constant light pressure for up to an hour.

There will continue to be some light bleeding after the pack is removed. If bleeding continues:

Dampen and fold a clean gauze into a pad and place over the surgical site. Apply moderate pressure by closing your teeth firmly over the pad. Maintain that pressure for 30 mins. If necessary, repeat. If bleeding continues contact the office.

After the procedure a blood clot will form. It is an important part of the healing process. Avoid disturbing the clot. For the next 48 hours please refrain from using straws, sucking on the surgical site, chewing on the surgical side, vigorous rinsing, breathing cold air in through the mouth, strenuous exercise and do not smoke. After 24 hours you may rinse very gently.

You may have discomfort and swelling. Initially may apply cold compresses 20 mins on 20 mins off to the face. After 24 hours you may want to switch to warm compresses. Its not uncommon to have a bit soreness and bruising several days after the surgery.

Over the counter pain medication taken every 4-6 hours is most often recommended. If the provider offers a prescription pain medicine fill it only if needed. You may not drive or work if taking a prescription pain medication. Your pain should always improve. If after several days you experience an increase in swelling, facial redness, pain prolonged bleeding and/or fever please contact the office.

Your immediate diet should consist of liquids and soft foods. Most importantly eat nutritious foods. Avoid hot beverages and solid foods for the next few days. Chew on the opposite side as much as possible.

Please maintain good hygiene. During the healing process continue to brush and floss the rest of your mouth. While healing after 48 hours gently brush the area and rinse with warm salt water (½ teaspoon in 8 ounces).

Please contact the office if you are experiencing extreme pain, bleeding or discomfort. If your provider has instructed you to come back for a post op visit it is important to keep that appointment.