

## Post-operative Instructions

- Avoid any unnecessary exertion on the day of surgery – **REST AND QUIET ARE ESSENTIAL**
- Bite on gauze as necessary to control bleeding; only changing gauze when necessary. It may be removed to eat or drink but should be replaced immediately. Only keep the gauze in for four hours after the surgery. Some oozing of blood is normal; however, if the bleeding persists, place another gauze pad over the extraction site and bite down on the gauze with firm pressure for one hour to stop bleeding.
  - **RINSING, SPITTING, OVER-EXERTING, USING STRAWS, OR SMOKING WILL CAUSE PROLONGED BLEEDING.**
- **TO AVOID NAUSEA**, it is important that you eat soft foods such as jello, pudding, or milkshakes **PRIOR** to taking pain medication.
- As soon as you get home, apply ice packs to the affected outer area.
- If you had general anesthesia, there can be a residual effect from the medication used during the surgery that may alter your judgment and/or reflex time. You are advised **NOT** to drive or consume **ANY** alcoholic beverage for 24 hours following surgery.
- If you had general anesthesia, it is important to drink plenty of fluids whether it be soup, pudding, or milk shakes. **AVOID BEVERAGES THAT ARE CARBONATED OR ACIDIC ON THE DAY OF YOUR SURGERY.**
- **DO NOT USE A STRAW** for at least one week after your surgery. **DO NOT SMOKE** one day before and at least 3-4 days after your surgery. Smoking will result in dry socket.
- **NO CHEWING** until the local anesthetic is completely worn off. Stay on a soft diet for the next few days and avoid foods that are crunchy, hard, and/or have seeds.
- **STARTING TOMORROW**, rinse the surgical sites very gently with warm salt water ( $\frac{1}{2}$  teaspoon salt to 6 oz. water) two times a day to keep the surgical sites clean. Direct brushing of the surgical site should be avoided until soreness is gone. The remainder of the mouth should be brushed at least twice daily starting the day after surgery.
- **BEGIN USING THE MONOJECT IRRIGATION SYRINGE FOUR DAYS AFTER YOUR SURGERY.** Fill the syringe with warm salt water. Place the tip of the syringe into the socket and flush the socket until clean. Use the Monoject syringe at least two times daily, flushing until the socket is clean.
- During the healing process, sharp fragments of bone may work up through the gum. If they are uncomfortable, please call our office to make a follow-up appointment.
- If sutures or stitches are placed, they will come loose and fallout within 10 days after surgery.
- If advised by Dr. Blatter, take ibuprofen (600 mg) every six hours for three days.

**In case of extreme pain, unusual bleeding, prolonged nausea, or any unusual disturbances, please call our office immediately at (925) 685-3175.**