



# FAMILY, IMPLANT & COSMETIC DENTISTRY

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## INSTRUCTIONS FOLLOWING ORAL SURGERY

**Bleeding:** Normal oozing may occur for 24 hours or more following surgery and is controlled by firm biting pressure on gauze pads placed over the tooth socket. Keep gauze packs in mouth for 45 minutes. Replace them, if bleeding continues, keeping gauze in place for 30-minute intervals. If bleeding is brisk, and fills the mouth quickly, call the telephone numbers listed below immediately.

**Swelling:** Swelling, and sometimes bruising, is common after surgery. The maximum swelling, pain and jaw stiffness, normally occurs 2 or 3 days after the surgery. Apply ice packs 15 minutes on, then 15 minutes off until bedtime the day of surgery. This will keep swelling to a minimum. Also, keep your head elevated until bedtime. Moist heat after 24 hours may help jaw soreness.

**Pain:** The greatest amount of discomfort is in the first 6 to 8 hours after the surgery. Never take pain medication on an empty stomach. Take pain medication immediately after you receive your prescription. If itching or rash develops, stop taking all medications and contact the telephone numbers listed below immediately. If a dull pain, along with an earache increases on the 3<sup>rd</sup> and 4<sup>th</sup> day call for an appointment immediately. If small bone fragments protrude or extrude from the socket, they can be removed as necessary.

**Muscle Soreness:** Difficulty in opening the jaw is common after third molar extractions. Chewing gum (sugarless) at intervals will help with muscle soreness, along with moist heat after 36 hours.

**Mouth Care:** No rinsing or smoking for 24 hours following surgery. The day after surgery rinse with a glass of warm water mixed with ½ teaspoon salt, 5 times a day for at least a week. Brush and floss as usual, avoiding surgical sites. The corners of your mouth may dry and crack. Keep them moist with a petroleum base gel.

**Diet:** It is important to maintain good nutrition following surgery. Do NOT drink through a straw. Eat a lukewarm soft diet the day after surgery. Drink as much fluids as you can for 3 days. We recommend a dietary supplement such as Ensure, Sustecal, or Nutrament. Preferred flavors of Ensure are eggnog, walnut and pecan.

**Physical Activity:** You may NOT operate any vehicle or hazardous device for at least (24) hours after your release from surgery, or until fully recovered from the effects of the anesthetic medications. If you are taking narcotic pain medications, you may NOT operate any vehicle or hazardous device while you are taking the medication. You should not work and take narcotic pain medications. No sports participation until stitches are removed.

**Infection:** If swelling and discomfort worsen after the 4<sup>th</sup> day following surgery, along with a foul taste, fever, and difficulty swallowing, contact the telephone numbers listed below immediately.

IF, FOR ANY REASON, YOU ARE CONCERNED ABOUT YOUR CONDITION, NOTIFY US RIGHT AWAY BY CALLING THE NUMBERS BELOW IN THE ORDER LISTED.

(813) 684-7888 Monday through Friday, 8:30am to 5:30pm –After office hours the doctor's cellphone number will be on our voicemail message.

(813) 681-5551 Brandon Regional Hospital Emergency Room