

Post – Operative Instructions

Wound Care

1. Bite on gauze firmly. Remove gently when you arrive at home.
2. Change gauze every 30 minutes until bleeding stops.
3. Avoid smoking for 24-36 hours.

Bleeding

1. Oozing of blood from surgery site is normal. Place a towel over your pillow to avoid staining it.
2. Do not spit, sip through a straw or rinse hard.
3. If bleeding continues, place a moist tea bag over the extraction site and apply firm pressure until bleeding subsides.

Discomfort

1. Some discomfort after surgery is normal. You can take over-the-counter pain reliever or the prescription (if applicable) given to you by Dr. Kim to control the discomfort.
2. Take medication with a full glass of water and small amount of food to avoid nausea.
3. Do not drive or drink alcohol while on pain medicine.

Diet

Soft foods are recommended. Avoid hard, crunchy or spicy foods.

Oral Hygiene

1. Do not brush or rinse your mouth for first 8 hours after surgery.
2. After that, rinse w/ warm salt water (1/2 teaspoon salt to 8 oz. warm water).
3. Brush gently after 24 hours, avoid area of surgery.

Swelling

1. Swelling is normal after surgery. It usually maximizes at 48 hours after surgery. It can last for about 1 week.
2. Apply ice packs to extraction site for 20 minutes on, 20 minutes off, for 12 hours after extraction. This can help control swelling.

Rest

Avoid strenuous activity for 12-24 hours after surgery.

Bruising

Some patients may experience bruising after surgery. This is normal and usually disappears in 7-14 days.

Stiffness

Stiffness of jaw muscles and limited opening of the mouth may occur after surgery. This is normal and usually subsides in 5-10 days.

Stitches

Stitches usually dissolve on their own in 3-5 days after placement. Therefore, you don't need to return to the office for removal of stitches unless otherwise advised by Dr. Kim.

Call the office if:

1. Bleeding persists
2. You experience fever or excessive pain.
3. You have increased swelling after the 3rd day following surgery.
4. You have any questions.