

DR. CAROLINE KRIVUZOFF-SANDERSON

PATIENT INSTRUCTIONS Following Oral Surgery

1. **Bite on gauze with firm, constant pressure for a minimum of one hour.** You can change the gauze when soaked, but keep one in place until the bleeding stops. If you use all of the gauze which we send home with you, you can use a moistened **black** tea bag to bite on. The tannic acid in tea helps to clot blood. If heavy bleeding (like a nosebleed) persists, please call the office. Bleeding is a normal consequence of oral surgery. It is normal for saliva to be streaked with blood for a couple days. You may want to place an extra pillow under your head to elevate it tonight, and place a dark towel over the pillow.
2. We want a blood clot to form so the area will heal. **Do not disturb the surgical area with your fingers or tongue. Avoid sucking through a straw or smoking (for 24 hours).** The negative pressure created in the mouth may break down or dislodge the blood clot. If you must smoke, place a piece of folded gauze over the socket while you do. Smoking after oral surgery greatly increases your risk of developing complications with healing. Please avoid alcohol or mouthwash for 24 hours, as it may also break down the blood clot.
3. A rare complication of tooth removal is a *dry socket* in which the blood clot dissolves or does not form properly resulting in an open socket with exposed bone. It will usually appear 2-3 days after the extraction, and is usually *painful*. Should this occur, please call the office so that we can place special medication in the area to help it feel better and heal.
4. A nutritious liquid diet is necessary for the first day. Tomorrow you may begin eating a diet of soft foods gradually progressing to harder foods. Tomorrow you can also start rinsing and swishing with a warm salt water solution and continue for several days with increasing intensity.
5. Take what you would normally take for pain medication should you need it. If necessary, Dr. Caroline will prescribe stronger medication for you. Take all other prescribed medications as directed. Activity should be mild for 24-48 hours, rest is recommended.
6. Swelling or discoloration (bruising) can be expected after surgery and usually reaches its maximum size in approximately 2 days. On the day of surgery to reduce swelling you may use a cold compress or ice pack on the face in the area of surgery for 20 minutes on, 20 minutes off.
7. Stitches (if placed) usually dissolve and will disintegrate or fall out in a few days.
8. **If you are having problems other than listed, do not hesitate to call the office at 403-346-0077, or if after hours Dr. Caroline at 403-347-5524, or Dr. Kurio 780-318-0958.**