

**Elevated Dental**  
**2109 N. Frontage Rd W Suite B**  
**Vail, CO 81657**

**ORAL SURGERY POST-OPERATIVE INSTRUCTIONS**

1. Keep FIRM, STEADY PRESSURE on gauze for 45-60 minutes. Repeat this 2-3 times or until the bleeding stops. Bleeding has stopped when there is no blood flowing from the surgical site. This will allow a blood clot to properly establish itself. You may still see blood on the gauze, this is normal and not a sign of active bleeding.
  - If bleeding continues after three to four hours, bite firmly on a tea bag. Do this for one hour or until you are sure the bleeding has stopped.
2. Don't drink out of a straw. This tends to create a suction that will dislodge the blood clot and could cause a dry socket.
3. NO SMOKING for at least two days. The suction that you create by smoking can also dislodge the blood clot. The chemicals in the smoke greatly delays the healing process. The longer you hold off, the better and faster the area will heal.
4. Do not rinse/gargle and spit for 48 hours. You may lightly rinse with salt water, but please do not forcefully spit out the water as this can dislodge the blood clot and cause severe pain.
5. There are many studies that prove that antibiotics are NOT needed for all extractions. If you are prescribed antibiotics, you must finish the entire prescription or you are at risk for developing a super-infection.

**Pain Control** - Recent studies have proven that narcotic medications are not needed for adequate post-operative pain control. Based on evidence based studies, our recommendation is to alternate between 600mg of Ibuprofen (Advil, Motrin) and 650mg of Acetaminophen (Tylenol) every 3 hours. For example, if you take Ibuprofen (Motrin) at 12:00 PM, take the next medication, Acetaminophen (Tylenol,) at 3:00 PM, then go back to Motrin at 6:00 PM, etc. Continue this for 24-48 hours as needed, and then take just Ibuprofen as needed to help with any discomfort. \*\*If you had IV sedation AND you were told that you were given an IV pain medicine, you will have a prescription for Ketorolac (Toradol). Use this medication IN PLACE of Advil for the first 2-3 days, then switch to Advil.\*\* **If you are given a narcotic pain medication (Hydrocodone, Oxycodone), please properly dispose of any unused medication to help prevent these addictive medications from harming any family or friends.**

**Swelling** - An ice pack should be placed on the outside of the cheek and kept on for 15 minutes, then off for 15 minutes, etc. This will help reduce swelling.

**Diet** - Eat soft but nutritious foods such as eggs, dairy products, chicken, or fish for the first two or three days following surgery. Soup is ok, but only slightly warm or the area could be burned.

**Physical Activity** - This should be kept to a minimum for 48 hours. If you take part in physical activity or exercise too soon, you will run the risk of increasing your blood pressure and causing the extraction socket to begin to bleed again. If this happens, start back at #1 to control the bleeding.

If you have any questions or concerns, you can call the office at (970) 476-3991,

Dr. Moses at (610) 308-1085, Dr. Corcoran at (970) 471-5331 or Dr. Morgan at (970) 485-2626