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**Post-Operative Instructions:**

**Swelling:**

- To prevent swelling use constant ice or gel packs wrapped in a cloth and then applied to the skin around the jaw for the first 24-36 hours after oral surgery.
- After the first 24 hours, apply heat to the face.
- Try to keep your head elevated for the first 24 hours to help reduce the amount of swelling.

**Bleeding:**

- Gauze is placed in the mouth by the doctor after surgery.
- The gauze may be removed after 45 minutes to an hour.
- If bleeding persists place a damp tea bag at the site and gently bite down for 30 minutes. It can be repeated at 30-minute intervals if needed.
- **DO NOT** spit or rinse.
- Surgical sites may ooze slightly for up to 24 hours after surgery.

**Tobacco:**

- **DO NOT** use tobacco products until the surgical site has healed, 5-7 days.
- Tobacco adversely affects healing and may lead to dry socket.
- Nicotine patches, gum or lozenges are encouraged to be used in place of tobacco products.

**Diet:**

- A cool liquid and soft food diet is recommended for the first day of surgery.
- Avoid carbonation for the first 3-4 days following surgery.
- **DO NOT** use alcohol for the first 3-4 days following surgery.
- Be careful when eating immediately after surgery, as you may still be numb. Go slow, but do eat.
- After the first day, getting back to a normal solid food diet is encouraged.

### **Care of Surgical Area:**

- **DO NOT** brush your teeth the day of surgery. The day after surgery, brush your teeth just as you normally would. Take some care in the area of surgery, but maintain the area clean and free of debris.
- Rinse your mouth with warm water, beginning the day after surgery, after each meal and anytime you eat or drink anything that is not water.

### **Pain:**

- Pain may occur for 3-5 days following surgery.
- The amount of pain will vary based on the amount of surgery performed.
- Pain is usually well controlled by the medication prescribed by the doctor.

### **Dry Socket:**

- Dry sockets are caused by the loss of a blood clot in the extraction site.
- Dry sockets present no sooner than 3 days after surgery and are accompanied by persistent pain that is not alleviated by medication that radiates throughout the entire jaw and up to the ear.
- If you feel you have dry socket, contact the doctor.

### **Numbness:**

- The loss of sensation of the lip and chin may occur after wisdom tooth removal.
- It is usually temporary and feeling returns in time, but it may last up to a year in severe cases.

### **Do Not:**

- Use straws for 3-4 days after surgery.
- Drink carbonation for 3-4 days following surgery.
- Spit or rinse vigorously for 3-4 days after surgery. Be gentle.
- Use alcohol for 3-4 days after surgery.
- Use tobacco for 5-7 days following surgery.