



## Post-Op Instructions for Patients Having Local Anesthesia

### **DAY OF SURGERY:**

*Reduced activity is very important after surgery. Please discuss any questions you may have with Dr. May.*

Cooler, softer foods/beverages while numb. Advance diet as tolerated.

#### **Today: Day 1**

*DO NOT* rinse or spit today.

*DO NOT* smoke or use a straw for 48 hours.

- If prescribed antibiotics and/or pain medication, take as directed with food. Allow 1 hr between antibiotics and pain medication.
- Use gauze as directed to do so. Change gauze every 20-30 minutes until gauze is pink in color. It's common to see a pink tinge in your saliva up to 24 hours.
- If given an ice pack, ice areas off and on to prevent swelling. *Follow instructions on back of Gel pack.*

#### **Tomorrow: Day 2**

- You may brush and *gently* rinse mouth today. Rinse 2-3 times a day with warm salt water. (1 tsp. in 8 oz cup of warm water) Continue rinses for 1 week.
- Continue using ice packs off and on today.

#### **Day 3:**

- Generally swelling peaks today. Apply heat to swollen area. Follow instructions on back of Gel pack. *Switch to over-the-counter meds for pain if possible. Use narcotics as needed.*

#### **One week after surgery:**

- If you were given an **irrigating syringe**, fill it with warm salt water and irrigate lower sockets gently, especially after eating. Continue irrigating process until extraction site is closed. (This may take a few weeks).

#### **Additional information:**

- Stitches will dissolve in 7 to 10 days.

\*If you are taking narcotic pain medication, we advise you to be at home resting; no driving, working, school, or alcohol within 4-6 hours of taking pain med.

\*If you were prescribed an antibiotic and you are currently taking oral contraceptives, you should use an alternative method of birth control for the remainder of this cycle.

Additional  
Instructions \_\_\_\_\_

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*Please contact our office at 701-478-4404 with any questions or concerns.*

*This number is also answered after hours and weekends for emergencies. An answering service will take your message and page Dr. May.*

*Dr. May and Staff at Prairie Oral Surgery*

