



Post Oral Surgery Instructions

Following these simple instructions will make you more comfortable and help prevent complications.

- Maintain firm pressure on the gauze pad for 30-45 minutes. Remove gauze when it becomes saturated. Bleeding will subside over the next 12 hours. If bleeding is persistent, dampen a tea bag or gauze pad and place over the extraction site and apply pressure for 30 minutes.
- DO NOT drink from a straw.
- Some discomfort, bruising and swelling is to be expected after the extraction. Tylenol or Advil may be taken to control pain. Avoid aspirin products. You may use ice packs to aid in the reduction of swelling.
- A soft diet is necessary for the first 24-48 hours.
- DO NOT SMOKE. Absolutely no smoking for at least 24-48 hours. Smoking will cause a painful condition called "dry socket"*.

We will make every effort to help expedite your healing process and ensure that your healing is progressing normally. However, to do that we must be kept informed of your progress. If there is any question about how you are healing, please contact our office.

*If dry socket occurs (loss of the blood clot, usually on the 3rd to 5th day), there will be a noticeable, distinct and persistent throbbing pain in the jaw. Don't suffer needlessly. Call the office and report the symptoms so you can be seen as soon as possible.

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