

CAROLINA ORAL & FACIAL SURGERY P.A.

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Week One In Review: What to Expect After Surgery

1

Once home, take the gauze pads out and rest with your ice pack (20 minutes on, 20 minutes off).

5

Maintain a soft diet, this week and DO NOT use straws.

2

Eat something and begin medication as needed and directed.

6

The day after surgery, start brushing and do warm water rinses. You may also wear orthodontic retainer when comfortable.

3

Use ice packs for the first day to reduce swelling, then switch to heat pack on the second day.

7

No heavy lifting or strenuous activity for 4-5 days. Doctor excuse notes are available upon request.

4

Take it easy and try to relax around the house for a couple of days.

8

**Call us anytime with questions or concerns:
864.458.9800**

Mild bleeding is common for a few hours after more complex procedures, such as the removal of impacted teeth, though it can also occur following simple extractions. Mild spotting of blood on the gauze is not of concern. Intermittent bleeding or mild oozing is normal up to 72 hours following surgery. Placing fresh gauze over the surgical sites and biting down firmly for 30-60 minutes may control the bleeding. If the area continues to ooze without relief, or becomes heavy, you may substitute a tea bag (soaked in hot water, squeezed damp-dry) for 30 minutes.

IF BLEEDING STILL PERSISTS, CONTACT OUR OFFICE IMMEDIATELY, 864-458-9800.