



Oral Surgery

Bleeding: Do not be concerned if traces of blood are noted in the saliva for several hours after the procedure. Do not rinse the mouth vigorously for the first few hours as the disruption of the clot may occur. It is best to avoid hot foods or fluid until the day following surgery. If continuous or excessive bleeding occurs, please contact the office at 702-877-6608.

Pain: You may have moderate discomfort after the anesthetic wears off. Most can be controlled with a mild analgesic. A prescription for a strong analgesic may be issued if necessary, and should be used as directed.

Swelling/Stiffness: In some cases, swelling is to be expected. It is normal and should not cause alarm. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery for 1 hour on and 1 hour off for the first 3-4 hours. Ice cubes in a plastic bag work nicely for an ice pack. If swelling discomfort persists, warm wet compresses may be used over the area on the second and subsequent days. These are to be applied for 20 minutes on and 40 minutes off for three hours each day.

Oral Hygiene: Meticulous oral hygiene should be continued in all other areas of the mouth but the area of surgery should be avoided to prevent the dislodging of the blood clot. Gentle rinsing after meals with warm salt water rinses, (1 tsp salt/ 8 oz. water). You should continue to brush your teeth and stimulate the tissue elsewhere in your mouth. Rinsing helps flush out the debris, which collects around that area.

Nutrition: Maintaining an adequate diet after surgery is important. You can chew on the opposite side of your mouth, and should avoid extremely hard and spicy foods. We have listed some foods that supply nourishment with little, if any chewing necessary for swallowing.

- Broths
- Soups
- Ice Cream
- Chopped or ground meat
- Eggs
- Baby Foods
- Custards or pudding
- Malted milk or shakes

YOU WILL ASSIST THE HEALING RESPONSE BY OBSERVING THE FOLLOWING PROCEDURES:

- Maintain an adequate home care level.
- Decrease or eliminate smoking as smoking significantly delays the healing of oral tissue.
- Utilize warm salt water rinses to remove debris. Tooth Sensitivity Tooth sensitivity following surgery is almost totally related to inadequate plaque removal. It is very important then to be very meticulous with your plaque control procedures.
- DO NOT use a Water Pik in surgical areas for three weeks.

Remember that you just had minor surgery. Be kind to yourself.

Balle & Associates provides important pre and post-operation instructions along with proper cleaning and oral hygiene information such as flossing, brushing, and diet. Balle & Associates cosmetic and general dentistry of Las Vegas, Nevada would be glad to answer any of your questions pertaining to any of the dental techniques and procedures provided in our office. For more information, please tour our site www.balledds.com or call us at (702) 877-6608 with any questions or concerns.