



RIVERSIDE
ORAL SURGERY

Post-operative Care Instructions and Information

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What to Expect After Your Oral Surgery

Pain:

- Mild to moderate pain is normal; severe pain may occur depending on the procedure.
- Most adults should take 600 mg ibuprofen every 6 hours (or 800 mg every 8 hours). If needed, add 500 mg acetaminophen between doses.
- Your doctor may prescribe additional or alternative pain medications.

Bleeding:

- Slight bleeding or “spotting” can last several days.
- Bite firmly on moist gauze for at least 30 minutes to control bleeding.
- For stubborn bleeding, place a black tea bag that has been soaked in cold water over the area for at least 30 minutes.
- Contact the office if bleeding persists.

Swelling:

- Swelling is common and usually peaks 2-3 days after surgery.
- Apply ice packs, alternating 20-30 minutes on and off, to reduce swelling and discomfort.

Bruising:

- Sometimes bruising appears on the face near the surgical site, especially if you're on blood thinners. It usually resolves in 10-14 days.

Bone Fragments:

- Small bone spurs may loosen and work their way out; occasionally they need removal or smoothing by your surgeon.

Jaw Stiffness:

- Muscle stiffness may make opening your mouth difficult. This is temporary; your surgeon can recommend exercises or techniques to help.

Elevated Temperature:

- A slight fever may occur for 24-48 hours.
- Contact us if fever continues or worsens.

Other Discomforts:

- Mild earache, sore throat, or aching adjacent teeth are common and temporary.
- If the corners of your mouth crack or dry out, keep lips moist with Vaseline or ointment.

Signs of Complications:

- Pain radiating to the ear, foul taste or odor (possible dry socket).
- Numbness (paresthesia) in the chin or lip area, usually temporary.
- Contact us if you notice any of these symptoms.

Post-Operative Care Instructions

Rinsing & Mouthwash:

- Do not rinse until 36-48 hours after surgery.
- Use prescribed antibacterial mouthwash as directed (usually 10-14 days).
- Rinse gently 2-3 times daily after meals with warm salt water (½ teaspoon salt in 8 oz water).

Oral Hygiene:

- Use a soft or baby toothbrush; avoid water flossers near surgical sites until follow-up. Be gentle when cleaning around stitches.

Sutures:

- They usually dissolve on their own. Some may need to be removed at your follow-up visit.

Diet:

- Eat soft, lukewarm or cooler foods.
- Avoid hot, spicy, and crunchy foods for a few days.
- Maintain a balanced diet to promote healing.

Smoking, Straws & Spitting:

- Do not smoke for at least 48 hours.
- Refrain from vigorous spitting for one week.
- Do not use straws for at least one week.

Following these instructions helps ensure a smoother recovery and reduces risks. If you have questions or concerns, contact us at (530) 223-1811.