



Kaminski
DENTAL CENTER

Your smile starts here

Instructions following Oral Surgery

Please read these instructions carefully. They will help you to understand the normal reactions following your surgery, and keep you as comfortable as possible.

PAIN: You may experience discomfort, especially during the first 12 to 24 hours. Take the medication prescribed as indicated on the prescription. For mild discomfort, you may only need Motrin or Tylenol. When taking the tablets or capsules, be sure to drink at least 8 oz. of water to help prevent an upset stomach. If you develop hives or a rash, discontinue all medications and immediately contact our office.

BLEEDING: It is normal to have some minimal bleeding, pink or red saliva. Do not be alarmed. Maintain the gauze for one hour with firm biting pressure. If bleeding is excessive, place a thumb size roll of gauze over the wound and bite firmly for 60 minutes with constant pressure. This means no talking. Change gauze each hour until bleeding stops. Normal bleeding will have stopped with 2–4 hours. If bleeding persists longer than 2–3 hours call the office for further information.

SWELLING: Following any surgical procedure, you can expect swelling to develop. It will usually be most pronounced during the first 24 hours after surgery. Apply ice packs during this time. Thirty minutes per side and one hour off for the first 6–8 hours. After 24 hours, you may use warm compresses for 30 minutes per side to relieve discomfort.

DIET: Drink plenty of fluids. You may eat as soon as the numbness is gone. A soft, non-chewy diet is recommended. During the first 24 hours, avoid extremely hot liquids, carbonated beverages, and alcohol. Try not to skip a meal. Resume your normal diet as soon as possible. If you are diabetic, maintain your normal caloric intake and take your medications as usual. If diarrhea occurs and is persistent, contact our office.

Recommendations / Suggestions: Canned fruit, peaches, fruit cocktail, applesauce, pasta, mashed potatoes, eggs, yogurt, soup, and Jell-O. **DO NOT DRINK THROUGH A STRAW.**

PHYSICAL ACTIVITIES: Limit your physical activities as much as possible for 2 or 3 days. If resting, lie semi-reclined.

ORAL HYGIENE: Cleanliness after surgery is important for a rapid recovery. Do not rinse your mouth or brush your teeth the day of surgery. The day after surgery, you may then brush your teeth, but avoid the site of surgery for the first few days.

SMOKING: Smokers are advised not to smoke for 2 days after surgery. No drinking through a straw.

EXERCISES: The day after surgery, the area will be sore and the joint may be stiff. We suggest jaw exercises. You can do this by opening and closing as wide as you can, and do side to side motions.

NORMAL POST SURGICAL EXPERIENCES:

- Swelling around the surgical site
- Stiffness of jaw muscles
- Slight earache
- Sore throat
- Dryness or cracking of lips (use chapstick/Vaseline)
- Black/blue discoloration on outside of face
- Slight temperature elevation during first 24-48 hours

Dr. Kaminski's Home # (773) 914-2297

*If you have any questions or concerns please, call **Kaminski Dental Center at 920.857.3011**. For your convenience, feel free to use our online [Request an Appointment](#) form to schedule your preferred consultation time with any of our dental specialists.*