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## **POST-OPERATIVE INSTRUCTIONS**

### **DO NOT**

- Rinse your mouth for the first 24 hours post operatively
- Drink alcohol or drive while using pain medication

*For one week, to help prevent a dry socket, do not:*

- Smoke
- Drink from a straw
- Spit
- Drink carbonated beverages

### **DO**

- Drink plenty of fluids.
- Maintain a clear liquid diet the day of surgery only.
- Begin a soft diet the next day.
- It is important to stay well-hydrated and nourished while on medications.
- Take pain medication and antibiotics as prescribed.

### **ONCE AT HOME:**

Place ice packs to face immediately to prevent swelling.

Ice should be used in 15 minute increments for the first 12-72 hours following surgery.

If swelling persists after 72 hours, apply warm moist heat packs.

### **ONE AND ONE HALF HOURS AFTER SURGERY (1 ½):**

- Remove the gauze packs.
- Drink at least ½ glass of clear liquid to prevent dehydration (ice tea is recommended, provided you like tea).

*No straws!*

### **BLEEDING:**

Keep firm pressure on the gauze sponge that has been placed in your mouth for 30-45 minutes. If bleeding persists, replace the gauze with a fresh pad and keep a steady biting pressure on it. Repeat as often as necessary.

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If bleeding should start again, try a moistened tea bag in place of the gauze. Keep your head elevated and remain still and quiet.

Oozing and excessive saliva may persist overnight.

### **EVENING OF SURGERY DAY:**

Get up and move around the house for at least one hour this evening and again in the morning to aid in circulation and help keep swelling down.

If clear liquids aren't satisfying, you may have Ramen Noodles or broth with soda crackers.

### **THE DAY AFTER SURGERY**

- Begin gently rinsing after eating and before bedtime with warm salt water.
- Do not aggressively swish or spit as this could dislodge the clot.
- Continue rinsing as directed for the next 2-3 weeks. Food in the sockets is the greatest source of infection.
- No commercial mouthwash or peroxide.

### **FOOD SUGGESTIONS**

*While you are still numb you may have:*

- slushy beverage
- Gatorade
- applesauce
- pudding
- Jell-O
- cottage cheese
- apple juice
- milkshake
- yogurt

*After the first day, more solid foods can be eaten:*

- macaroni and cheese
- pancakes
- mashed potatoes
- scrambled eggs
- baked potato
- pasta, etc.
- meatloaf

Foods and liquids should be cool or lukewarm for the next couple of days. Soft, easy to chew foods are recommended.

Using straws or smoking is discouraged for at least 72 hours.

Dairy products may cause nausea in some patients the day of surgery.

Should pain medication be needed, be sure to eat or drink something before taking the pills. This may help reduce the nausea sometimes associated with pain medication.

### **PLEASE CALL AND REPORT:**

- Bleeding that cannot be controlled
- Temperature or rash
- Persistent vomiting
- Onset of severe pain 3-5 days after surgery