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These are your post-surgery instructions. Please follow carefully and call us if you have a question or problem. Our concern for you does not stop after your surgery is finished.

Day 1 (Day of Surgery)

- Keep head elevated.
- Do not drive vehicle, work, or operate heavy equipment for 24 hours.
- Apply ice packs to the surgery area for approximately 7 hours, alternating every 20 minutes per side to reduce swelling.
- Leave initial gauze in place for a minimum 90 minutes. Apply constant firm pressure – do not chew. It is not unusual to need to replace this gauze; however, each new gauze should be left in place with firm pressure for a minimum of 2 hours until bleeding is controlled. Take out to drink.
- If bleeding is not controlled, a tea bag may be used in place of gauze. Place an ice pack over the face in this area. Remain quiet, lying with head elevated or sit upright. If bleeding cannot be brought within normal limits, call me.
- If not allergic to ibuprofen, take 1-2 tablets every 6 hours. This is regardless of pain level, but is for the anti-inflammatory properties of the medication. If allergic, take 1 extra-strength Tylenol every 6 hours. Prescribed pain medication should be taken as needed.
- Liquids only. Take care not to bite lip or cheek while numb. Avoid carbonated drinks and do not use a straw. Avoid alcoholic beverages.
- **Do not smoke.** Smoking is the #1 cause of pain following surgery. It leads to irritation of the surgical site, causing severe pain and poor healing.
- Do not rinse mouth today.
- An episode of nausea and vomiting is not uncommon on the day of surgery. If this becomes excessive or continues to following day, please call. Stay on liquid diet until stomach has settled.
- If an immediate denture is inserted, do not remove it for 24 hours. Then rinse with warm salt water, clean the denture and re-insert it.

Day 2 - 4

- Do not use ice packs on the surgery area.
- A soft diet can be started. Take ibuprofen every 6 hours.
- Avoid alcoholic beverages. **Do not smoke.**
- Begin gentle, warm salt water rinses (1/4 tsp of salt with a glass of water).

Day 5

- **Do not smoke.**
- Take ibuprofen every 6 hours.
- If we gave you a syringe, make a light salt water mix and fill the syringe ½ full. Flush each lower socket. Do this only once per day, preferably at bedtime.

Day 6-10

- If given a syringe, make a light salt water mix and fill the syringe ½ full. Flush each lower socket at bedtime. After 10th day, discontinue syringe use.