

**CALLAHAN AND BERGEY ASSOCIATES, P.C.**  
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**POST-OPERATIVE INSTRUCTIONS**

1. Swallow your saliva so that the gauze pad remains as dry as possible. Bite firmly on the pad for 1 hour and then gently remove it. If there is no active bleeding, further pressure is not needed.
2. **DO NOT** spit, smoke, rinse your mouth or use a straw on the day of surgery as excessive bleeding may occur.
3. Smoking increases the risk of developing a dry socket. We recommend you refrain from smoking during the first week post-operatively
4. You may drink cool fluids and eat soft foods after surgery. If possible, drink a milkshake before taking pain medication. Do not eat anything hot, hard or spicy.
5. Use ice packs on the face for the first 24-36 hours after surgery (20 minutes on 10 minutes off). This will help to keep swelling to a minimum. Swelling after surgery is to be expected and in most cases is no cause for concern. Maximum swelling is 48 hours from the day of surgery.
6. On the day following surgery rinse your mouth gently with warm saltwater (1/2 teaspoon salt in 8oz. of water) 2-3 times a day. Continue with frequent rinses for 4-5 days, especially after meals.
7. Mild pain may be experienced after the anesthesia wears off. Take the first pill 1 hour after surgery *even if no pain is occurring*. **DO NOT HESITATE** to take the medication to relieve the pain. Since some medications cause drowsiness, **DO NOT DRIVE**. Take all medication as prescribed by the doctor.
8. If further bleeding occurs, place a small pad of gauze directly over the surgical site and bite firmly for 30 minutes. Repeat if necessary. If bleeding continues, wrap a moist tea bag in a piece of gauze and bite on it for 45 minutes repeating with a second tea bag if required. Some slight amount of bleeding may occur for a few days after oral surgery, and unless excessive, it is not a problem.
9. During the healing process, small sharp fragments of bone may loosen and work up through the gum. These are not roots and will often work out of the tissue by themselves. Should they cause pain and discomfort, please call this office to make arrangements for their removal.
10. Those patients who had intravenous sedation may develop inflammation at the site of injection. If this occurs, elevate the arm apply warm, moist heat.
11. If nausea occurs, take Pepto-Bismol as directed.

Your post-operative check up will be:

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**IF ANY UNUSUAL SYMPTOMS, PAIN OR BLEEDING OCCUR,  
CALL THIS OFFICE AT ONCE.**