



# WALLA WALLA OMS

## ORAL AND MAXILLOFACIAL SURGERY

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## AFTER CARE FOLLOWING ORAL SURGERY AND EXTRACTIONS:

Any surgical procedure will result in a certain amount of discomfort. Swelling and pain are not abnormal disturbances, but only indications of the healing process. To minimize this discomfort, the following directions are recommended.

- 1.** Keep firm biting pressure on the gauze which has been placed at the extraction site for approximately TWO hours. If bleeding has stopped after this time, the gauze may be discarded. (A slight ooze, enough to tinge your saliva red, is normal) If bleeding persists, place another gauze (moistened in a strong tea solution) or moist tea bag over the extraction site and continue biting pressure for an additional 1-2 hours. If bleeding persists beyond these measures — call the above number.
- 2.** The swelling that is normally expected is usually in proportion to the surgery involved. This swelling may be minimized by the immediate use of ice or cold packs. Apply ice, insulated by a “baggie” and a hand towel to the side of the face over the operated site. Continue ice pack use for the first 24 hours while awake: 20 minutes on and 20 minutes off. Swelling should maximize within 2-3 days.
- 3.** Prescriptions should be followed as prescribed. If no prescription has been written and pain control is desired, any brand of a mild analgesic (Aspirin, Tylenol, Advil, etc.) may be taken.
- 4.** Mild stomach upset is not uncommon. If present, it is advisable to take prescribed medications with a small amount of food or milk. If nausea persists, one ounce of carbonated water, 7-Up, or gingerale every hour, for 5-6 hours will usually terminate it.
- 5.** After waiting 2 hours, one should be able to take fluids by mouth. (Remember the wound is still very fragile and too vigorous action may initiate bleeding.) A liquid or soft diet may be necessary for the first two days: soft foods, blenderized foods, cream soups, etc. An adequate fluid intake of at least 2 quarts a day is essential.
- 6.** DO NOT RINSE THE DAY OF SURGERY. The day after surgery the mouth SHOULD BE RINSED gently (do not spit) with warm salt water (1/4 teaspoon of salt dissolved in a glass of warm water). This should be done 6-7 times daily, especially after each meal and bedtime. IT IS VERY IMPORTANT THE MOUTH BE KEPT CLEAN DURING THE HEALING PERIOD TO MINIMIZE ANY CHANCE OF INFECTION OR DELAYED HEALING. The teeth may be brushed gently.

IF YOU HAVE ANY PROBLEMS OR CONCERNS, PLEASE CALL THE OFFICE OR YOUR SURGEON.



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## THINGS NOT TO DO

1. Do not apply heat to the face at any time. This will increase the swelling.
2. Avoid spitting. This creates a negative pressure in the mouth and tends to dissolve the blood clot - in turn, this leads to additional bleeding.
3. Avoid strenuous physical activity for 24 hours. This includes any sports or activity in which one becomes winded. Physical activity causes the blood pressure to rise - and may cause a renewal of the bleeding.
4. Do not use a straw for drinking liquids - just sip them.
5. Do not smoke during the first 24 hours following surgery.

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## IMPACTED TEETH

The removal of impacted teeth is quite different than the extraction of erupted teeth.

The following conditions are not uncommon with removal of impacted teeth. These conditions should not persist at an elevated level.

- Localized facial discoloration
- Difficulty in opening your mouth
- Pain while swallowing
- Earache on the side of surgery

Lower lip numbness may result following removal of lower teeth. This is almost always a temporary condition. It is not disfiguring, just annoying. It may last from a few days to many months. After removal, the adjacent teeth may “realign” themselves, causing discomfort.

Sores may develop at the corners of the mouth. **These should be covered with a mild ointment (Vaseline).**

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