



**FORDLAND CLINIC**  
A BURRELL HEALTH AFFILIATE

Location: 1059 Barton Drive ● Fordland, MO 65652 ● 417-767-2273 ● Fax 417-767-4054

Location: 11863 State Hwy 13 ● Kimberling City, MO 65686 ● 417-739-1995 ● Fax 417-739-1893

## **POST OPERATIVE ORAL SURGERY INSTRUCTIONS.**

Care of the mouth following a surgical procedure is essential in the healing process. **DO NOT RINSE FOR 24 HOURS.** After 24 hours, you may resume to brush the remaining teeth as well as begin to gently rinse with ½ teaspoon of salt in a glass of very warm water, three times a day for seven days. **DO NOT CONSUME ALCOHOL INCLUDING MOUTHWASH, TOBACCO PRODUCTS, CARBONATED BEVERAGES, AND OR SUCK ON HARD CANDIES** for 48 hours following the surgery. This may interfere with the clot formation and slow healing process.

### **BLEEDING**

Oozing may occur for 24 hours or so after surgery. **DO NOT SPIT OR SUCK THROUGH A STRAW FOR 48 HOURS** after surgery. **KEEP FIRM PRESSURE ON THE GAUZE FOR 30 MIN.** If bleeding or oozing continues you can place an additional pack of gauze on the area of surgery. If bleeding persists or is heavy, place a damp tea bag directly over the site and bite firmly for 30 minutes. If bleeding persists call the clinic at the number above.

### **DISCOMFORT**

**BEGIN TO TAKE PAIN MEDICATIONS BEFORE THE NUMBNESS WEARS OFF.** Over-The-Counter pain medications like Tylenol or Ibuprofen should be taken as directed. If the Dentist prescribes a prescription for pain medications take as prescribed. If no prescription was given we recommend taking 650mg Tylenol with 400mg Ibuprofen (At the same time) every 4-6 as needed for pain. Do not take pain medications on an empty stomach as they could cause nausea.

### **DIET**

Drink plenty of fluids. For the first two days **EAT A SOFT FOOD DIET.** Resume a normal diet when it feels comfortable.

### **SWELLING**

If any swelling occurs, it should reach its maximum in 48 hours. Ice or cold packs are the best aid to reduce swelling when used immediately after surgery and for the first day. In case of difficult surgery, the skin may appear bruised and your jaw may be stiff and difficult to open.

If any problems arise or you have any questions please call the Fordland location at 417-767-2100

Or the Kimberling City location at 417-739-1995