



Douglas Dental Care
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Oral Surgery Post-Operative Instructions

Thank you for trusting us to take care of your dental needs. We would like for you to recover and heal as quickly as possible. The directions below are designed to promote proper healing. Please read and follow the directions below.

1. Pressure should be placed on the gauze pad that has been put over the extraction site for one hour. If the bleeding continues, new gauze should be placed and pressure applied for another 45 minutes.
2. If you are supervising children who have had a dental extraction, make sure they don't bite their numb lips or tongue (it can cause serious injury to their soft tissue).
3. Avoid eating or drinking anything hot on the day of your extraction. Also, do not rinse your mouth and do not use a straw for drinking. Do not spit and do not drink carbonated beverages. Do not brush on the day of the surgery; you can gently resume your brushing and flossing the day after.
4. You may experience some pain, bruising around your lips, and/or some swelling, especially after extraction of impacted wisdom teeth. Ice bag application and medication prescribed for you will help to minimize your discomfort.
5. Please take all the medication you have been prescribed as instructed.
6. During the first 2-3 days after surgery, a diet of soft food and liquids is recommended (soup, yogurt, milkshakes and juice).
7. Call our office (770-949-1821) if you experience excessive bleeding, severe pain or swelling, or if you have any questions or concerns. In case of serious emergencies, call 911.