



Post-Surgery Instructions

Today:

- Leave the gauze in your mouth for 2 hours. After that you may replace it every 30-40 minutes until the bleeding stops.
- If the Dr. recommends a cold pack, place it on your cheek over the extraction site. Apply the cold pack for 20 minutes, remove for 10 minutes, and then reapply the cold pack for 20 minutes again. Continue this routine for 4-5 hours, or throughout the remainder of the day, as needed.
- Eat only soft foods today
- Do not take any narcotics (e.g. Vicodin, Norco, Percocet) for 5 hours after the last sedative (Halcion/Ativan) pill taken. Ibuprofen, acetaminophen, or any other anti-inflammatories are acceptable during this 5-hour period.

Tomorrow:

- Begin gently rinsing your mouth with warm salt water.

For the next 3 days:

- No heavy lifting or aerobic activities.

For the next week:

- Do not smoke
- Do not drink through a straw
- Do not spit
- Do not swish liquids in your mouth

If an upper posterior (back) tooth was removed, please be careful to blow your nose and sneeze as gently as possible for the next week.

Drink plenty of water

If Dr. Schilt put sutures in, in most cases they are resorbable and will come out on their own. If they need to be removed, we will advise you as to when to schedule to have them removed.

If Dr. has prescribed antibiotics, please be advised they can reduce the effectiveness of birth control pills.

If you have a true emergency following your surgery, you may reach Dr. Schilt at 541-736-5865.