

PKM

Oral surgery made personal

WEEK ONE IN REVIEW

1

Once home, take the gauze pads out and rest with an ice pack (30 min on, 30 min off).

2

Eat something and take medication only as needed and directed.

3

Use ice packs for two days to reduce swelling, then switch to heat pack on the third day.

4

Take it easy and relax around the house for a couple of days.

5

Maintain a soft diet, this week, and do not use straws.

6

The day after surgery start brushing and do warm salt water rinses.

7

No heavy lifting or strenuous activity for one week. (Dr. excuse notes are available upon request.)

8

Call us anytime with questions or concerns: 480-685-9696

It is common for bleeding to continue for a few hours after simple extractions and for several hours (6-10) after more complex surgery such as removal of impacted teeth. Mild spotting of blood on the gauze is not of concern. Intermittent bleeding or mild oozing is normal up to 72 hours following surgery. Placing fresh gauze over the surgical areas and biting down firmly for 30-60 minutes may control the bleeding. If the area continues to ooze without relief, or becomes heavy, you may substitute a tea bag (soaked in hot water, squeezed damp-dry) for 30 minutes.

IF BLEEDING STILL PERSISTS, PLEASE CONTACT OUR OFFICE IMMEDIATELY.

Please contact us at 480.685.9696 with any questions.