

## Medications

Continue to take your prescription medications as you normally would prior to surgery. Understand the side effects of medications taken prior to and after surgery. For example, some rinses such as Peridex may taste metallic and/or may temporarily stain your teeth. Antibiotics may contribute to stomach or intestinal upset.

The most effective treatment for pain following dental surgery is a combination of acetaminophen (e.g. Tylenol) and non-steroidal anti-inflammatory (NSAID) medication (e.g. Advil). But even these long-standing medications can have unpleasant side effects, especially when taken at high doses for long periods of time.

Talk with your dentist or medical provider about all prescription, over-the-counter, herbal, and homeopathic remedies you are taking.



***It's recommended that dentists prescribe non-opioid analgesics (non-steroidal anti-inflammatory drugs (NSAIDs) and acetaminophen) as the FIRST line of pain control for dental procedures.***

—Bree Collaborative and Washington State Agency Medical Directors' Group, Dental Guideline on Prescribing Opioids for Acute Pain Management September, 2017

Content originally developed by  
Theresa Madden, DDS, PhD

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for professional medical or dental advice.

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## Oral Surgery Before and After Care



**ARCORA**  
The Foundation of Delta Dental of Washington

## Before Surgery Care



### Nutrition

If you will be awake during the procedure, eat a healthy meal prior to the appointment. If you will be sedated, avoid all food and liquids for at least six hours prior to the appointment.



### Travel and Physical Activity

It's very important to give your body time to heal. It's recommended that you don't make plans to travel the first week after surgery. Light travel to and from work is fine. Also, restrict vigorous exercise for at least three days after surgery.



### Diabetes

Poor healing can occur if blood sugar is not properly monitored. Consult with your dentist if you have any concerns.



### Tobacco

If you smoke or chew tobacco, please consider using nicotine patches three days prior to and up to one week after surgery. This will help minimize withdrawal symptoms while you are healing. The longer you can go without tobacco following oral surgery, the better your chances of avoiding complications such as painful dry socket.

## After Surgery Care



### Ice Packs

Use ice/cold packs for 24 hours after surgery. This helps control swelling, bleeding, and bruising. Hold the ice pack on the area for 15-20 minutes (not longer), and re-apply every hour.



### Oral Hygiene

Do **not** rinse your mouth vigorously. After 24 hours, you may rinse gently with an over-the-counter saline solution or a mouth rinse prescribed by your dentist for 30 seconds, 2-3 times per day to keep the area free of germs. Brush carefully and avoid the surgical site until you've been seen for your surgery follow-up appointment.



### Periodontal Bandage

It may take up to one hour for the bandage over the surgical site to harden. For at least two days, avoid very hot drinks and foods, which can melt or soften the bandage. If it becomes loose, you may need to lift it off with a toothpick or tweezers (use isopropyl alcohol to sterilize). It's okay if it comes off before your follow-up appointment.



### Bleeding

Minor bleeding may occur but should stop quickly. If bleeding persists, with clean hands, moisten some gauze or a tea bag (either black or green tea) with cold water and apply it with finger pressure to the site for 20-30 minutes. Smoking encourages bleeding so avoid smoking for at least one week.



### Implants

To minimize swelling, sleep with your head elevated for two nights after surgery (try using an extra pillow or sleeping in a recliner). Expect mild oozing and bleeding. Eat only soft foods for 10 days after surgery. After every meal gently rinse with an over-the-counter saline solution or a mouth rinse prescribed by your dentist.



### Dentures

You may experience some discomfort wearing dentures after a procedure. If the discomfort lasts more than one week or you develop canker sores, see your dentist to have your denture adjusted.

## Pain Management

For maximum post-operative pain relief, the combination of acetaminophen and NSAIDs is very effective, especially if started the night before surgery. Talk with your dentist about timing and dosages of medications and keep a written log that charts medications taken, when, dosage, pain level, and any side effects.

	Dose 1	Dose 2	Dose 3	Dose 4
Day 1	TIME: PAIN:	TIME: PAIN:	TIME: PAIN:	TIME: PAIN:
Day 2	TIME: PAIN:	TIME: PAIN:	TIME: PAIN:	TIME: PAIN:
Day 3	TIME: PAIN:	TIME: PAIN:	TIME: PAIN:	TIME: PAIN:

Track your post-treatment pain, on a scale of 1-10 (1= no pain to 10= extreme pain), and medication use. Pain should subside each day. If you're still experiencing severe pain after three days, contact your dentist.