

## **Recovering from Oral surgery**

Oral surgery may be required when you have an impacted tooth trapped in the jawbone and gums, or a tooth that is poorly positioned and damaging neighboring teeth. It is especially common to have these types of problems with growing wisdom teeth.

When a tooth is extracted, the body sends blood to nourish the tooth socket. To control excessive bleeding, you may be instructed to bite down on a piece of gauze and apply constant direct pressure to the area. This helps a blood clot to form in the socket. A day or two after surgery, soft tissue begins to fill in the opening..New bone tissue also begins to grow in the socket, becoming denser over the next two to three months. Here are some steps you can take following surgery to promote the healing process:

### **Do's**

#### **Apply ice packs to your face to reduce swelling and bruising.**

- After the bleeding stops, eat soft foods, such as soups and foods you can put into a blender.
- Drink plenty of fluids.
- Take prescribed antibiotics and, when necessary, pain reduction medication.
- Keep your mouth clean.
- Follow a balanced diet. In particular, eat foods rich in vitamins A and C, which contribute to the healing process.

### **Don'ts**

- Don't chew hard or crunchy foods, such as carrots or popcorn, in the area,of the surgery for six to eight weeks.

- Don't brush or floss in that area until the day after surgery. Then, be sure to do so carefully.
- Don't rinse your mouth, spit forcefully, do not use a straw while drinking or smoke the day of the surgery. These actions could loosen the blood clot that forms as part of the healing process.
- Don't overexert yourself.

If you experience excessive bleeding, swelling, pain, fever or a reaction to medication, contact us immediately at 415-661-7779.