



Local Anesthesia Procedures

After a minor oral surgical procedure, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30-45 minutes after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. You may have to do this several times.

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol or brush teeth next to the surgical site for 72 hours. These activities may dislodge or dissolve the clot and slow the healing process. Limit vigorous exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding and increased pain from the surgical site.

After the surgical procedure you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area (externally or on the skin only) will help to keep swelling to a minimum. The swelling usually starts to subside after 48 hours.

For mild to moderate pain you may take over the counter Ibuprofen (Advil or Motrin). These come in 200mg tablets: take 2-3 tablets every 4-6 hours. For severe pain take the prescribed pain medication as directed.

Call the office if the pain medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone. Drink lots of fluids and eat nutritious soft food on the day of the procedure. You can eat a normal diet as soon as you are able to tolerate it.

It is important to resume your normal dental routine after 24 hours except in the area of the surgical site. This should include brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean.

After a few days you should start to feel better and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for 4-5 days, a reaction to the medication, or any questions please call our office immediately at 912-764-4495.