

Ocean State Oral Surgery Center, LLC.
468 Smithfield Road, North Providence, RI 02904
Office: 401-353-1515
Emergency: 401-788-2877

Post-Operative Care Following Surgical Extractions:

- **Bleeding:** Place folded gauze moistened with water directly over the wound and bite down firmly. Change gauze once every ½ hour until bleeding has stopped. If bleeding has not stopped, you may bite down on a moistened tea bag. Do this for 1-hour, repeat once if needed to stop the bleeding.
- **Do Not Lie Flat.** Keep your head elevated on 2 or 3 pillows, only if you are still bleeding.
- To prevent **swelling**, apply ice to the outside of the affected area on and off for 20 minutes at a time. Do not use ice after bedtime tonight. If you still have some swelling after 48 hours and provided the bleeding has stopped, apply moist heat with a hot towel, to the outside of the affected area.
- **Foods/Diet:** Your diet for the first 24 hours should be soft foods or liquids, cold or at room temperature and avoid foods with small particles. Suggested Diet: soup, baby food, instant breakfast, milkshakes, puddings, custard, jell-O, juices, yogurt without seeds, applesauce, mashed potatoes, or anything that can be put through the blender. **Do Not Drink Through A Straw.**
- **Do not rinse, spit or brush for 18 hours.** After 18 hours, resume brushing, except in or around surgical site. Rinse with 8 ounces of lukewarm water and a ½ teaspoon of salt after each meal and at bedtime for 7 days.
- If medication was prescribed for discomfort, drink a milkshake, milk or juice to coat your stomach before taking the medication. **NO SMOKING OR ALCOHOLIC BEVERAGES FOR 7 DAYS OR WHILE ON MEDICATION.**
- **Sutures:** Silk Sutures (Black) must be removed in 10-14 days. Dissolvable Sutures (Clear) will fall out in 4-7 days. Sutures can be kept clean by using a cotton swab moistened with warm water.
- **In case of emergency** or to report any unusual symptoms, Dr. Ercole may be reached at any time by calling the answering service at **401-788-2877**. If you are unable to reach Dr. Ercole in the event of an emergency please go to the nearest emergency room.