



# capital oral & facial surgery

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## Avoid the Following for at Least 7 Days:

- **Spitting**, using a **straw**, or **rinsing your mouth vigorously**
- Consuming **alcoholic, carbonated, or hot beverages**
- Eating **hard, chewy, or spicy foods**
- **Smoking, vaping, or using dipping tobacco**

*Failure to follow these guidelines may result in a dry socket and significant pain.*

DIPLOMATE:

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MAXILLOFACIAL  
SURGERY

## Control Bleeding:

- A blood clot must form and remain protected to ensure proper healing. Disrupting the clot can delay healing and may result in a condition known as dry socket.
- **First 2 hours:** Firmly bite down on the gauze pad provided.
- **After 2 hours**, you may eat or drink. Replace the gauze and continue biting firmly, changing it every 2 hours until the bleeding stops (this may take up to 12 hours).
- **Mild bleeding:** It is expected to experience slight bleeding later in the evening or the next day.
- If bleeding recurs, firmly bite on fresh gauze and replace it every 2 hours until it stops.

## After 24 Hours:

- Resume your **regular dental hygiene routine**, including gentle brushing and flossing while avoiding the surgical site.
- Restart using the prescribed mouth rinse twice daily after brushing and flossing for 7 days.
- Additionally, you may rinse gently with **warm salt water** 3 times daily for 7 days:
  - Mix **one teaspoon of salt** in **eight ounces of warm water**.

## Manage Discomfort and Post-Operative Care:

- Take **pain medication** as prescribed, ideally **30 minutes after eating**.
- If prescribed, complete the entire course of **antibiotic medication**.
- Start with **clear liquids**, then transition to soft foods after 4 hours as tolerated. Examples include:
  - Eggs, Oatmeal, Pasta, Pancakes, Mashed Potatoes, Ice Cream, or Smoothies/Ice Cream (no straw)
- Use an **ice pack** wrapped in a towel. Apply for **20 minutes on and 20 minutes off** for the first 2 days.
- Switch to a **warm/moist compress** after 3 days for muscle pain and swelling.
- Limit strenuous activities for **72 hours**
- Drink plenty of fluids to stay hydrated.

## When to Call Our Office:

Contact us immediately if you experience any of the following:

- **Heavy bleeding** that does not stop
- **Severe pain** or discomfort
- **Excessive swelling** lasting beyond 7 days
- A reaction to any prescribed medications
- Any condition or symptom that appears unusual

For **life-threatening emergencies**, call **911** immediately.

### Midtown Raleigh

5904 Six Forks #101  
Raleigh, NC 27609  
919.322.4500

### West Raleigh

2500 Blue Ridge Rd #201  
Raleigh, NC 27607  
919.783.9920

### Brier Creek

8851 Ellstree Ln #116  
Raleigh, NC 27617  
919.887.6440

### Holly Springs

101 Hyannis Dr  
Holly Springs, NC 27540  
919.436.2270

### Wake Forest

3150 Rogers Rd #111  
Wake Forest, NC 27587  
919.283.0100

### Burlington

853 Heather Rd  
Burlington, NC 27215  
336.252.3700