

Instructions for Post Operative Care Following ORAL SURGERY



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The following information has been prepared to help answer questions you may have regarding the operation which will be or has just been performed. Please read the instructions carefully. Our experience has shown that rapid and satisfactory recovery from oral surgical operations may depend to a large extent upon the patient's at home aftercare. In some cases, little care may be necessary, but following the extensive operations, it is particularly important that instructions be observed.

BLEEDING

A certain amount of bleeding is to be expected, this is normal and not a cause for concern. Oozing may occur for several days. You will be given a packet of gauze and instructions on how to change it. If there is prolonged bleeding, place a tightly folded gauze over the wound area and bite for 45-60 minutes with **constant pressure**. REMEMBER, if the gauze is not directly over the bleeding area, biting on the gauze will be ineffective. If bleeding persists you may dampen a tea bag (must be black tea) in cool water and place over the wound area for 45-60 minutes. *Please note the gauze should be out of the mouth by bedtime.*

DISCOMFORT

Some discomfort is to be expected following most oral surgical procedures. If you have been given a prescription for pain medication, have it filled and follow the directions on the label. Over the counter pain medications such as Ibuprofen or Aleve are also fine to take as a supplement or in place of the prescription pain medication. The first dose should be given **only after the patient has had something to eat and drink**; pain medication should **NEVER** be taken on an empty stomach. If nausea occurs, a carbonated beverage may be taken in small sips until it passes. If nausea and/or vomiting persist, please call the office immediately.

SWELLING

Post surgical swelling is normal and is greatest on the third day following surgery. Cold packs should be applied to the face 30 minutes on, then 30 minutes off, for the first 24 hours. If infectious swelling was present prior to or at the time of surgery you may be instructed not to use cold packs. Head should be elevated, keeping your head above your heart for the first 48 hours.

RINSING

No rinsing or spitting for the first 24 hours after surgery. Beginning 24 hours following surgery, rinsing with warm salt water (1/2 teaspoon salt in a small glass of warm water) is recommended. Repeat several times per day for the next several days to remove food particles. A diluted mouthwash may be used in addition to salt water (dilute one part water to one part mouthwash).

Flip sheet over for additional instructions.

ORAL HYGIENE

Perform your regular oral hygiene in all areas of your mouth; but use particular caution in the surgery area(s) to remove food debris. We recommend running your toothbrush under warm water to soften the bristles and brushing very carefully where the incisions have been made. Remember to be very gentle in these areas because vigorous brushing may open up a wound area. If you are given a curved tip syringe **DO NOT USE IT UNTIL THE EIGHTH POSTOPERATIVE DAY.**

ACTIVITY

You are advised to avoid strenuous exercise or heavy lifting for several days up to one week following surgery.

IMMEDIATE DENTURES

If you have had immediate dentures placed DO NOT remove them. They will be removed by your dentist at your next appointment.

DIET

A good diet is important during the healing period. Cool, soft (non-chewy) foods are recommended day of surgery. This is to be followed in subsequent days by a soft diet. It is very important to maintain good fluid intake following surgery.

MISCELLANEOUS

Avoid smoking, eating or drinking hot foods for the first 24 hours. Do not use a straw for seven days.

Instructions for Post Operative Care Following Maxillary Sinus (Antrum)

Because of the close relationship of the sinus to the upper posterior teeth, a communication is occasionally created between the mouth and the sinus when an upper molar is removed. If this occurs, you will be given specific instructions that will include the following:

- Take medication as directed.
- Refrain from blowing your nose for ten days.
- Try not to sneeze or cause nasal pressure.
- Do not use a straw or smoke for seven days.
- Eat soft foods for several days, chewing on the opposite side as much as possible.
- Do not rinse your mouth for several days as instructed.

Information Concerning the Removal of Impacted Teeth

The removal of impacted wisdom teeth is quite different from the removal of erupted teeth. The following conditions may occur; all of which are considered normal:

- There may be swelling of the face. This will reach its maximum on the second or third day following surgery then slowly resolve.
- Tightness of the mouth (trismus) may cause difficulty in opening the mouth.
- You may have a slight earache.
- A sore throat may develop.
- Numbness on the side of the face from which the tooth was removed may develop. This is called 'paresthesia' and is almost always a temporary condition. Please call our office if numbness lasts more than 24 hours.

If you have any questions or concerns not covered in these instructions, please call our office. If you are experiencing a dental emergency and need to reach a doctor after regular office hours, please call (206) 248-3035.