



POST-OPERATIVE INSTRUCTIONS

*****PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY*****

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification.

FIRST HOUR: Change gauze every 30-45 minutes until bleeding stops once bleeding has stopped you can do away with the gauze. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

PERSISTENT BLEEDING: If bleeding persists or becomes heavy you may substitute a tea bag (soaked in ice water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

Do **NOT** use a straw, swish, or spit vigorously for at least 5 days. You may brush your teeth like normal just avoid surgical area. **PLEASE DO NOT SMOKE** for at least 5 days, since this is very detrimental to healing and may cause a dry socket.

SWELLING: Swelling is often associated with oral surgery. It can be minimized by using a cold pack applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 12 hours after surgery. If you have been prescribed medicine (**Motrin**) for the control of swelling, be sure to take it as directed.

PAIN: Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill within the first 3 hours after surgery you should be able to manage any discomfort better.** The effects of pain medications vary widely among individuals. **If you are having lingering pain please call to be seen for a post-operative visit. Additional pain medication cannot be phoned in.**

- If given a prescription for Motrin (ibuprofen) take that every **8 hours** whether you are hurting or not through the 4th day. This helps with swelling as well as muscle soreness that is common after oral surgery.
- Along with the Motrin you can take 1 extra strength Tylenol every **4 hours** (one with each dose of Motrin and one in between each dose).

IT'S IMPORTANT THE TYLENOL IS NOT GIVEN WITHIN 4 HOURS OF HYDROCODONE.

NAUSEA: Nausea is not uncommon after surgery. Some patients find that stronger pain medicine causes nausea, taking with a small amount of food will reduce chances of nausea. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better. Classic Coca Cola may help with nausea.

SHARP EDGES: If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.



DIET: The day of surgery it is best to start with cold soft food (puddings, yogurt, ice cream, etc.) Avoid extremely hot foods while bleeding persists. It is best to avoid foods like nuts, popcorn, etc., which may get lodged in the socket areas. You can eat what you feel comfortable eating if you have discomfort go to something softer and gradually progress to more solid foods. It is important not to skip meals. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

The third and fourth days after surgery is generally the worst with swelling and discomfort. **The remainder of the post-operative course should be gradual, steady improvement.** If you don't see continued improvement, please call our office.

If you are given a plastic irrigating syringe, **DO NOT** use it for the first five days. Then use it daily according to the instructions until you are certain the tooth socket has closed completely this could take up to 4-6 weeks.

It is **NOT UNCOMMON** to experience numbness after your procedure. **However**, if the numbness does not improve within a month, please give our office a call. In the majority of cases, the numbness is related to swelling from the surgery.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office. A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.