

Instructions after your oral surgery procedure

1. Bleeding

The gauze pad which was placed after surgery acts as a protective dressing and should be left in place for 2-3 hours with gentle pressure applied. Replace or remove gauze once soaked with blood or saliva. Some oozing is to be expected. If excessive bleeding is noticed, this is not normal. Most often, however, this can be controlled by the use of clean gauze placed directly over the surgical site and held with firm pressure for approximately 1 hour or until the bleeding is controlled. Be sure that gauze is moistened before you remove it as this will prevent the gauze from sticking to the extraction site which could cause bleeding to restart. If gauze sticks to any part of the mouth, moisten with water then remove.

If the bleeding does not appear to be stopping, try biting on a damp tea bag (**do not use a loose tea**). Tea has tannic acid which is known to have a clotting affect. If bleeding continues, call the office number at any time.

Women please note: Some antibiotics may interfere with the effectiveness of your birth control pills. AVOID aspirin-based products during pregnancy. Please check with your pharmacist.

2. Pain

If it is necessary, you will be provided with a prescription for medication. This can be filled at any drugstore and should be used as directed. Pain may be expected soon after the surgery and will reach its maximum during the first few hours. It is recommended that the prescription be started approximately 1-2 hours after the surgery and continued as directed. It is helpful to take the pain medication approximately 1 hour after 7-Up or suitable substitute to decrease the possibility of nausea.

3. Nausea

If nausea is encountered in the immediate post-operative period, it is often increased by taking the pain medication. Remember not to take the pain medication without something in your stomach. The post-operative nausea may be relieved by taking 1-oz. of a carbonated drink such as Ginger Ale every hour for 5-6 hours or a pinch of salt with bicarbonate of soda in a glass of water. This can be followed with mild tea, broth, and soft foods before resuming your regular diet.

4. Swelling

Swelling and stiffness are to be expected. This swelling may increase over the first 2 days, and then it should start to subside. Swelling can be somewhat controlled by the use of ice and heat as follows:

a) Use ice for the first 12-24 hours applying it to the cheeks closest to the extraction sites for 10 minutes and removing it for 10 minutes alternately with a cloth covering the ice pack to protect from freeze burns.

b) Heat Swelling and stiffness may be relieved by warm, moist heat applied to the jaws on the 2nd and 3rd days following the surgery. The stiffness which can sometimes occur will usually be relieved by the heat application, the use of chewing gum at intervals, and gentle stretching exercises beginning the day after surgery.

5. Nourishment

Nourishment should not be neglected. On the day of surgery, a light diet is recommended (Instant Breakfast, Jello, soups, milk shakes, broth, etc.). The following day, a soft diet to a regular diet as tolerated may be started. The patient should not use a straw for several days, since this may dislodge the blood clot.

6. Oral Hygiene

Rinsing, spitting, and tooth brushing should be avoided on the day of the surgery. Starting on the day after surgery, frequent gentle rinsing with mild, warm salt water (glass of water with 1 teaspoon of salt) is encouraged. Brushing should also be resumed, being careful to avoid the surgical site for the first two days. Good oral hygiene is important to normal wound healing.

7. Activities

Activities for the first 24 hours should be minimal. Rest quietly with head elevated. Smoking should be discontinued for at least 3 days. Do not expect to return to work or normal activities immediately. Two to three days rest is recommended and subsequently resuming activities as they are tolerated. Vigorous physical activities and sports should not be resumed until the surgical areas are comfortable, swelling is resolved and a normal diet is possible. Usually contact sports should not be resumed for approximately 1 week postoperatively. Musical wind instruments should not be played for at least 1 week to 10 days after most oral surgery.

- There are several important steps to be followed for the next **48 hours**. Following these steps will help prevent a very painful infection known as dry socket:
 - No Smoking
 - No Alcoholic beverages
 - No Spitting
 - No drinking through a straw
 - Rinse with a warm salt water **after the first day only** (1 tsp salt to 1cup warm water)
 - Peridex rinses (you can purchase in our office or pharmacy)

8. Bruising

Depending on the nature of the surgery which was performed and the nature of the person, some discoloring on the face may be seen for 3-5 days after the surgery. If this happens, do not be alarmed.

9. Numbness

Many times the roots of the lower teeth are adjacent to the nerve in the lower jaw. When the tooth is removed, the nerve may be slightly disturbed which may lead to a numbness of your chin, lower lip, and your lower teeth on that side. No one can determine exactly how long this will remain, but it is rarely permanent.

10. Taste and Odor

After the surgery, a bad taste and odor may occur. This is usually secondary to a lack of appropriate cleaning in the area. Commercial mouthwash may be used along with normal rinsing and brushing.

11. Uncommon Problems

Many people fear the possibility of a dry socket, which is a very unusual complication. If you have pain, however, that is not relieved by the pain medication or aspirin, this may be the case. If possible, you should return to our office or if the distance is too great, see your local dentist. Pain in the ear, difficulty in swallowing, and difficulty in opening and closing the jaws are symptoms which can occur with varying frequency, and usually are not significant. Swelling at a later date is uncommon, but if the swelling increases after 5-7 days, please contact our office. If there is any difficulty in breathing, fever, excessive bleeding or any other disturbing problems following the surgery, you should call the office immediately. Office number is 847-891-6600.