

Oral Surgery Center

POST OPERATIVE INSTRUCTIONS



First Hour:

Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not being controlled. If active bleeding persists after one hour, place enough new gauze to obtain pressure over the surgical site for another 30-60 minutes. The gauze may be changed as necessary and may be dampened and / or fluffed for more comfortable positioning. Please make sure you try to swallow your saliva when biting on the gauze, refrain from excessive talking or spitting or brush your teeth on the day of surgery. If you run out of gauze, use tea bag. Slightly dampened and place over wound and change it every half hour.

Exercise Care:

Do not disturb the surgical area today, Do Not rinse vigorously or probe the area with any objects or your fingers. You may brush all your teeth gently. But do not brush the wound for 10 days until complete healing. DO NOT SMOKE for at least 48 hours, since it is very detrimental to healing. Some trace of blood on the gauze or in the saliva is normal and is NOT considered bleeding.

Oozing:

Intermittent bleeding or oozing is normal. It may be controlled by placing fresh gauze or tea bag over the surgical areas and biting down firmly for 30-60 minutes.

Steady Bleeding:

Bleeding should never be severe. If it is, it usually means that the gauze packs are being clenched between your teeth rather than exerting directly pressure on the surgical areas. Try repositioning fresh gauze packs. If bleeding persists or becomes heavy, you may substitute the gauze with a tea bag (soaked in warm water, squeezed, damp dry,) and placed directly over the wound for 20 to 30 minutes. If bleeding remains uncontrolled, please call our office.

Swelling:

Often there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to your face or cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 12 or 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed. After 24 hours, it is usually best to switch from ice to moist heat on your face in the surgical areas.

Pain:

You should begin taking pain medication prior to the local anesthetic wearing off. For moderate pain, 1 Extra Strength Tylenol may be taken every 6- hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken ever 6-hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the

above medication if you are allergic, or have been instructed by your doctor not to take it.

Syringe:

If you were given an irrigating syringe, start using it the third day after surgery to keep sockets clean. Fill it with warm water and irrigate any open sockets gently, especially after eating. **(Only for lower wisdom teeth)**

Exercising:

Do not do heavy exercising for at least 72 hours (3 days), or up to 7 days as instructed by the doctor.

(No weight lifting, running, sports, etc...).

Dry Sockets:

Normal healing after tooth extraction should be as follows: The 1st day of surgery is usually the most uncomfortable and there is some degree of swelling and stiffness. The 2nd day you will usually be far more comfortable and, although sometimes more swollen than the first day, you can usually begin a more soft diet. On the 3rd day a GRADUAL, STEADY IN PAIN IMPROVEMENT should mark the remainder of your post-operative course. If a DRY SOCKET occurs (loss of blood clot from the socket, usually on the 3rd to 5th day), there is a noticeable, distinct, persistent throbbing pain in the jaw, radiating toward the ear and forward along the jaw causing the other teeth to ache. If you do not see steady improvement during the 1st few days after surgery, don't suffer needlessly. We will medicate the area of pain and your pain will stop. Call the office and report symptoms so you can be seen as soon as possible.

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. Please try calling during office hours; however a 24 hour answering service is available for emergency contact with a doctor. Calling during office hours will afford a faster response.

General Anesthesia:

Leave with assistance from our office until you get to the car. Then recline the seat in the car. When at home, try to stay reclined or lie down. Standing up or walking around after SEDATION or GENERAL ANESTHESIA, can cause drop in blood pressure, dizziness, fainting or vomiting. You should refrain from driving for 24 hours after general anesthesia.

Diet:

Liquid diet on day of surgery, avoid using straws to avoid sucking. You can begin a soft diet the next two day. Gradually progress to a normal diet in the next few days.