



Oral Surgery Post Operative Instructions

PAIN CONTROL (IT'S VERY IMPORTANT TO FOLLOW THIS – MORE EFFECTIVE THAN ANY POSSIBLE OPIOID COMBINATION)

Take THREE OTC strength (200mg) ibuprofen (Advil) tablets at the same time with ONE (500mg) Acetaminophen (Tylenol) every SIX HOURS (by the clock!)

Continue this for first 48 hours even if you are having no discomfort.

Taking it by the clock for the first 48 hours is key to this drug regimen working properly and relieving your pain.

Anesthetics: The length of time you experience numbness varies depending on the type of anesthetic you have received. While your mouth is numb, be careful not to bite your cheek, lip, or tongue. The numbness from the anesthetic should subside within a few hours. Drowsiness may persist for several hours following sedation; this is normal. Be aware that pain control prescriptions also cause drowsiness. If you are drowsy, DO NOT operate any vehicle, device, or machinery.

Bleeding: A gauze pack in the extraction site limits bleeding and confines the blood while clotting takes place. Remain biting on the gauze pad in your mouth for thirty (30) minutes. DO NOT chew on the pack. Change the pad every thirty (30) minutes, or as needed, until the bleeding stops by folding a piece of gauze into a pad thick enough to bite on. Place the pad directly **on the** extraction site. Maintain biting pressure for thirty (30) minutes. If the pad becomes soaked, replace it with a clean one as necessary. DO NOT lie down until the bleeding has stopped. If the bleeding continues after the above measures, soak a tea bag then wrap it in gauze, place it firmly in the area of bleeding. On top of this, place gauze and apply pressure by closing the teeth together. If lying down elevate the head with three pillows. Apply an ice bag to the cheek and avoid hot liquids. DO NOT suck on the extraction site or spit. Blood streaked saliva may persist for twenty-four (24) hours or more; this is normal. If bleeding is excessive during the night and you are concerned, please call the office at the phone number listed above. If unable to contact the office, go to the nearest hospital emergency room for treatment. (Remember that a lot of saliva and a little blood can LOOK like a lot of blood).

Swelling: Facial swelling is normal following most extractions. You can help reduce swelling and pain by applying cold compresses to the face for twenty (20) minutes on and five (5) minutes off for the first 24-48 hours. Sit with your head elevated and sleep with 2-3 pillows. Swelling normally increases for 3 days and begins to subside about the fifth day. Use a towel moistened with warm water after 48 hrs to expedite resolution of swelling.

Pain: Take the prescribed pain medication as needed for the first 2-3 days, then sparingly after. If this is not sufficient, take Ibuprofen (Motrin, Advil) 600-800mg every 6 hours in addition to the prescription. Use Ibuprofen as needed the week after surgery. If pain is not controlled by these measures, call your oral surgeon, and do not increase the dose.

Rinsing: DO NOT rinse, spit, smoke or suck through a straw until 24 hrs after surgery. These activities may dislodge the blood clot, start bleeding, delay healing, and cause a dry socket. **Gently** rinse your mouth with warm salt water (1 teaspoon of salt to a large glass of water), beginning the day **after** surgery. Rinse with this warm salt solution in the morning, after every meal, and before bed. Rinsing after each meal is important to

keep food particles out of the extraction site. Remember to rinse gently and avoid using commercial mouthwash or mouth rinse during the healing period.

***Wisdom tooth patients should use the monoject syringe provided to irrigate the lower sockets by using warm tap water and placing the curved tip **INSIDE** the socket starting **ONE WEEK** after surgery and irrigate debris twice a day for two weeks or until the sockets are filled with tissue to avoid delayed infection from food entrapment. Use before one week can cause a dry socket. If you have trouble using the syringe, return to the office at one week and have the staff instruct you on its use.

Oral Hygiene: You may resume brushing your teeth using care in the surgical areas the morning following surgery. Use a soft bristled brush so that you do not injure the tissues in your mouth. Retainers can be used after 72hrs if they do not cause pain.

Diet: Initially, liquid soft foods for the first two days is best, followed by soft foods for two weeks. Fluid intake following surgery should be increased with emphasis on water and fruit juices. **DO NOT** suck fluids through a straw. Dehydration and not eating after surgery, while taking pain medications, can cause **nausea and vomiting**.

Smoking/Drinking: **DO NOT** smoke or drink alcoholic beverages for at least (3) days following your surgery. Smoking greatly slows the healing process and is the major cause of dry sockets, a very painful complication.

Other Possible Side Effects: There may be a slight elevation of temperature for 24-48 hours. If the corners of your mouth are stretched, they may dry out and crack – keep the area moist with cream or ointment such as Vaseline or A+D ointment. Your other teeth may ache from crowded teeth settling. Stiffness of the jaw: use a towel moistened in warm water and place it on the affected side twice a day. This will help resolve swelling (after 48hrs of ice), and relax the muscles.

Emergency: If following surgery you feel the need for emergency treatment, please (1) come to our office if it is during office hours, (2) if the office is closed call the office to get the emergency number in order to reach the oral surgeon or (3) if you are unable to contact the oral surgeon go the nearest hospital emergency room for treatment.

Problems – if you have any questions or think that the post-treatment progress is not proceeding properly, please refer to our website for helpful information or contact our office at **706-658-2383** or Dr Nick's emergency phone number **678-653-3717**.