

POST-SURGICAL INSTRUCTIONS

BLEEDING –Minor bleeding and oozing from the extraction sites are to be expected 24-48 hours after surgery. In order to control bleeding after surgery, dampened gauze pads have been placed over the extraction sites. You should maintain firm pressure on the gauze by biting down on them for 45 minutes to 1 hour following the surgery. The gauze pads then can be changed every 30-45 minutes until the bleeding subsides. Generally a blood clot will form within 2-3 changes of the gauze pads. Remember a little blood mixed with your saliva will look like a significant amount of bleeding. If you continue to soak through the gauze pads with blood and are unable to control the bleeding, please contact the office.

SWELLING –The swelling will reach its peak during the second and third day after your surgery. By the fourth day, it will begin to subside. Most of the swelling should be gone at the end of one week. For the first 8 hours after your surgery, ice packs can be placed along the jaws in front of your ears for periods of 20 minutes on and 20 minutes off. You should not use any ice after the first 24 hours. Warm, moist packs can be applied after the first 24 hours. Keeping your head elevated will also help decrease swelling.

DISCOMFORT – It is normal to experience discomfort after oral surgery, especially within the first couple of days. The amount of pain experienced, however, is quite variable between patients. Take medications as prescribed. Pain medications will be most effective if taken before the anesthesia wears off and remember to avoid taking the medication on an empty stomach. If any unusual reaction to the medication occurs (itching, rash, etc.) stop taking all medications and contact the practice immediately. **If you have been sedated either by IV or orally, or have been prescribed a drug which can cause drowsiness (Percocet, Tylenol 3), do not drive, perform dangerous tasks, handle firearms or drink alcohol until 24 hours after the medication has been discontinued.**

DIET –It is very important to maintain good nutrition after surgery. Try to eat soft, cool foods **AFTER** the surgery has been completed. Diet drinks such as Slim-Fast and Ensure are good alternatives for the first day or so. Try to maintain a soft diet for the next two or three days. For the remainder of the healing period, common sense is advised, **“if it hurts, don’t eat it.”** You should also make a conscious effort to remain well hydrated throughout the healing period.

MOUTH CARE –Do not do any vigorous rinsing, spitting, or sucking through a straw for at least the first 2 days after surgery. These activities create negative pressure, which can dislodge blood clots and cause bleeding. Also refrain from smoking throughout the healing period. Smoking impairs the healing process and also creates negative pressures within the mouth. Brush and floss normally but avoid the surgical areas. One day after surgery begin rinsing with warm salt-water 4-5 times a day (1 teaspoon of salt in 8 oz of warm water). Also begin to use mouthwash.

ACTIVITY – Limit physical activity the first few days after surgery. Avoid any strenuous exercise such as heavy lifting or jogging for the first week after surgery. You may return to normal activity when you feel comfortable.

NAUSEA/VOMITING –It is not unusual to experience nausea following the surgery. This can result from swallowing blood during the procedure or by taking the pain medications on an empty stomach. Should this occur, lie down, limit physical activity, and slowly begin to consume foods in small quantities. If nausea and/or vomiting persist after taking the prescribed pain medication, contact the office.

EMERGENCY –If you experience any unusual difficulties such as excessive bleeding that cannot be controlled with gauze pressure, constant and unrelieved pain after the fourth day, fever or difficulty swallowing, contact the office.

POST OPERATIVE FOLLOW-UP– Depending on the outcome of the surgery, you may be asked to return to the practice for a follow-up evaluation one week after surgery. Your doctor will notify you if a follow-up is necessary. If no post-operative evaluation is required but you are having moderate, persistent pain or discomfort a week after the procedure, contact the office.

POST SEDATION INSTRUCTIONS

You have been given medication to help you relax throughout the duration of the procedure. These medications can affect your judgment and reaction time for up to 24 hours following the surgery. You also have been prescribed narcotic pain medication that can have a similar effect. For the next 24 hours, or for 24 hours after your last dose of narcotic pain medication, **YOU SHOULD NOT:**

- Drive a car, operate machinery or power tools
- Drink any alcoholic beverages or any other sedative or mood altering medication
- Handle firearms
- Make any important business decisions or sign important papers

Please remember you must have an escort with you for at least 6 hours after the surgery.

Also be aware that the area on the arm that the IV was placed in may become sore or hard. If this occurs, place a warm, moist towel over the affected site and elevate the arm. If the area becomes red or swollen, please contact the office.