



## POST OPERATIVE SURGICAL INSTRUCTIONS

**These instructions are written for your safety and to allow for the best possible outcome for you. Please follow the instructions below.**

### **PAIN MANAGEMENT:**

*Unfortunately, most oral surgery is accompanied by some degree of discomfort.*

Medication needs to be taken **every 6 hours** for the first 48 hours, it is important to follow this and not skip a dose. If you have minimal discomfort after 48 hours, pain medication can be taken as needed or discontinued.

**Take only the medication that has been marked below (if more than one, take together).**

<input type="checkbox"/> TORADOL* (Ketorolac)	<input type="checkbox"/> DECADRON To be taken until completion	<input type="checkbox"/> 600mg IBUPROFEN (Motrin/Advil)	<input type="checkbox"/> 400mg IBUPROFEN (Motrin/Advil)	<input type="checkbox"/> 500mg ACETOMINEPHEN (Extra Strength Tylenol)	<input type="checkbox"/> 325mg ACETOMINEPHEN (Tylenol)
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**NEXT DOSE to be taken at:** \_\_\_\_\_

Other Medication(s): \_\_\_\_\_

**\*If you complete Ketorolac/Toradol and need to manage pain, Ibuprofen can be used, either  600mg or  400mg**

### **BLEEDING:**

- Bite on gauze firmly for 1 hour as instructed.
- When replacing the gauze, apply pressure again for another hour until bleeding is minimal.
- A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon.

### **If bleeding continues:**

1. Moisten a gauze with water and place in the freezer flat 20 minutes, fold as instructed and place over the surgical site.
2. To minimize further bleeding keep your head elevated and avoid sucking, spitting or disturbing the blood clots.
3. If bleeding does not subside, please call our office for further instructions, 306.359.7040.

### **KEEP THE MOUTH CLEAN:**

- Do not disturb the surgical area, avoid fingers/tongue in the area.
- **NO** rinsing of any kind for the first 24 hours.
- Regular brushing and flossing your teeth should be continued but avoid the surgical area.
- Do not use mouthwash unless prescribed by your surgeon.
- AFTER 24 hours, use lukewarm salt water rinses (1 teaspoon of salt mixed into one cup of lukewarm water), avoid spitting, let the fluid drip from your mouth.
- If you were given a plastic syringe use it 5 days **AFTER** surgery as instructed, to avoid food impacted in the surgical area, remember to be gentle.
- If you were given a SOCKIT syringe, this can be used 24 hours after surgery, follow instructions/video.
- **NO smoking** (tobacco/marijuana) for at least 2 weeks as this can be detrimental to healing, increase chances of infection, dry socket and prolonged healing time.

### **SWELLING:**

*Swelling that is normally expected is usually proportional to the surgery involved.*

- Swelling around the mouth, cheeks, eyes, and sides of the face is not uncommon. (This is the body's normal reaction to surgery and eventual repair.)
- The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs.
- Ice packs should be applied to the sides of the face where surgery was performed.
- Ice packs/cold packs/ice bags/frozen peas should be placed intermittently while you are awake, 20 minutes

on and 20 minutes off, for the first 24-48 hours after surgery. *(If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery).*

- 36 hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling
- If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

#### **NAUSEA:**

In the event of nausea and/or vomiting following surgery:

- Over-the-counter anti-nausea medication can be taken orally ie. Benadryl or Gravol (follow instructions on package).
- Stop taking or avoid the narcotic pain medication as this is most likely causing the problem.
- Modify your diet to clear liquids, sip water, ginger ale, try to stay hydrated
- When the nausea subsides, you can begin taking solid foods and the prescribed medications again.
- Please call our office if you cannot control the nausea/vomiting.

#### **DIET:**

- After surgery clear liquids should be your first meal ie/broth, apple juice, Jell-O
- Drink from a glass and do **not use straws** for 10 days after surgery. *The sucking motion can cause more bleeding by dislodging the blood clot.*
- A soft diet can start after your first clear liquid meal, for at least ONE WEEK, with foods that can easily be swallowed without chewing ie. pudding, yogurt, soups, pasta and well-cooked vegetables. Our staff can provide you with suggested diet instructions.
- After one week, a normal diet can be resumed, as tolerated or as directed by your surgeon.
- Prevent dehydration by taking fluids regularly.
- Avoid foods requiring chewing ie. pizza, steaks, hamburgers, granola bars for 10 days after surgery.
- Diabetics – please try to keep your diabetic diet, unless otherwise instructed.

#### **DISCOLORATION:**

In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively and can last 1-2 weeks. Moist heat applied to the area may speed up the removal of the discoloration.

#### **ANTIBIOTICS:**

If you have been placed on antibiotics, take the medication as directed.

#### **COMPLICATIONS:**

- If numbness of the lip, chin, or tongue occurs there is no cause for alarm. As reviewed in your consultation, this is usually temporary in nature. You should be aware that if your lip or tongue is numb, you could bite it and not feel the sensation. If numbness does not resolve after 3 months, please make an appointment to our office.
- Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office.
- You should be careful going from the lying down position to standing. You could get light headed from low blood sugar or medications. Before standing up, you should sit for one minute before getting up.
- Occasionally, patients may feel hard projections in the mouth with their tongue. They are not roots; they are the bony walls which supported the tooth. These projections usually smooth out spontaneously. If they cause any discomfort or concern, please call our office.
- If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.
- Sore throats and pain when swallowing is not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will subside in 2-3 days.
- Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event which will resolve in time.
- You should have a gradual, steady improvement, if not, please call our office.
- Dry sockets can occur after extractions. A dry socket is when the blood clot gets dislodged prematurely from the tooth socket. Symptoms of pain at the surgical site and even pain near the ear may occur one week following surgery. Please call our office.

**PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS, 306.359.7040**