



ORAL MAXILLOFACIAL SURGERY

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PROVINCIAL ORAL SURGERY

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POST OPERATIVE SURGICAL INSTRUCTIONS

Prescription Faxed to: _____

These instructions are written for your safety, and to allow the best possible outcome for recovery. Please follow the instructions below:

- If you have been sedated for your surgery, please be advised you **MUST NOT** drive any motor vehicle for a period of 24 hours following your surgery.
- If you have been admitted into the Emergency Department in relation to your surgery at within 10 days post operatively, you **MUST** call 306-359-7040 to inform your doctor at Provincial Oral Surgery.

PAIN MANAGEMENT:

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

Maximum discomfort/swelling will peak 2-3 days post-operatively, but it is normal to continue for 7-10 days.

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.

Only take the medication that has been marked below, (if there is more than one, take them together.

☐ TORADOL* (Ketorolac)	☐ DECADRON To be taken until completion	☐ 600mg IBUPROFEN (Motrin/Advil)	☐ 400mg IBUPROFEN (Motrin/Advil)	☐ 500mg ACETOMINEPHEN (Extra Strength Tylenol)	☐ 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***

Antibiotics: _____

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

BLEEDING:

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

If bleeding continues:

1. Place a moist gauze flat in the freezer for 20 minutes, fold, place directly on the site and bite with firm pressure.
2. To minimize further bleeding, keep your head elevated, and avoid sucking, spitting or disturbing the blood clots.
3. If bleeding does not subside after 48 hours, 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.
- Regular brushing and flossing your teeth should be continued, remember to be gentle around the surgical area.
- **NO rinsing of any kind for the first 24 hours.**
- **AFTER 24 hours**, start rinsing with lukewarm **saltwater 2-3 times a day** (1 teaspoon of salt mixed into 1 cup of lukewarm water), **avoid swishing or spitting aggressively**, let the fluid drip from your mouth.
- Do not use mouthwash unless you are prescribed by your surgeon.
- **NO smoking** (tobacco/marijuana) for at least 2 weeks as this can be detrimental to healing, increase the 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.)
- Swelling will not become apparent until the day following surgery **and will not reach its maximum** until **Day 2-3 post-operatively**. However, swelling may be minimized by immediate use of ice packs, applied to the cheeks where surgery was performed.
- Ice packs/cold packs/ice bags/frozen peas should be used while you are awake, for the first 48-72 hours after surgery in intervals of **20 minutes on and 20 minutes off**. **(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 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).
- Avoid or stop taking pain medication, as this is most likely causing the problem.
- Modify your diet to clear liquids, sip water, ginger ale, and try to stay hydrated.
- When the nausea subsides, you may resume to a soft food diet and begin taking prescribed medications again.
- If you have followed the instructions above, and **you cannot control** the nausea/vomiting Please call our office.

DIET:

- **Clear liquids** should be your **first meal** after surgery, (ie. broth, apple juice, Jell-O, water, gatorade), followed by a **soft food diet** for **ONE WEEK**, (foods that can be easily swallowed without chewing, ie. scrambled eggs, mashed potatoes, pudding, yogurt, soups, pasta, well-cooked vegetables)
- **Avoid foods that are small, sharp, or crunchy** for 10 days after surgery, (ie. Seeds, rice, grain, popcorn, nuts)
- **Avoid foods requiring chewing** for 10 days after surgery. (ie. pizza, steaks, hamburgers, granola bars)
- After one week, a normal diet can be resumed, as tolerated, or as directed by your surgeon.
- **Do not use straws** for **10 days** after surgery, as the sucking motion can increase bleeding/dislodge the blood clot.
- Prevent dehydration by taking fluids regularly.
- 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.

COMPLICATIONS:

- **Dry sockets** can occur after extractions; this is when the blood clot gets dislodged prematurely from the tooth socket. Dry socket symptoms may cause a **throbbing sensation, pain at the surgical site or pain near the ear**, this usually **will not occur until at least day 4 and on**, if this is the case, please call our office.
- If **numbness** of the lip, chin, or tongue occurs there is no cause for alarm. As reviewed in your consultation, this is usually temporary. If your lip or tongue is numb, it's important to be aware you may bite it and not feel the sensation. **If the numbness does not resolve after 3 months**, please make an appointment at our office.
- **Slight elevation of temperature** immediately following surgery is not uncommon. If temperature persists, notify the office.
- **Sore throat/pain when swallowing** is not uncommon, as these muscles get swollen. 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 with time.
- Occasionally, patients may feel hard or sharp projections near the surgical site 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.
- Going from the lying down position to standing may cause you to become lightheaded due to low blood sugar or effects of medications. Be careful when standing up and sit for one minute before getting up.
- 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.
- You should have a gradual, steady improvement, if not, please call our office.

PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS, 306-359-7040