

Desert Valley

ORAL SURGERY

Post Operative Instructions:

IMMEDIATELY AFTER SURGERY: Please leave gauze packs in for one half hour. Do not eat, drink, or spit during this time. DO NOT DRINK through a straw at all the first 24 hours; this is a critical period for the formation of a good blood clot. (If the above instructions are not followed the blood clot may dissolve which could end up being a dry socket.) DO NOT SMOKE in the first 24 hours. After a half hour you may have something to eat and then take your pain medication as directed.

MEDICATION FOR PAIN: 90% of your discomfort will occur in the first 24 hours. Nausea is a common side effect of the pain medication but can be controlled if you eat something before taking the pain medication and if you remain sitting or lying down, with your head elevated at about a 45-degree angle. If needed, pain medication can be taken every 2 hours, but always eat something first. After the first 24 hours the need for pain medication should be diminishing. If you develop increased pain in your ear, socket or neck after the first 48 hours please call our office. This may indicate a dry socket and needs to be treated to relieve the pain.

MEDICATIONS FOR INFECTIONS: You will need to take the antibiotics as instructed until they are finished up. We also advise eating a cup of activated culture yogurt daily as a way to help control side effects of antibiotics.

SWELLING: Most of the swelling will take place within the first 48 hours. It will stay about the same for the next 48 hours, and then it will decrease over the next 2-3 days. Ice packs wrapped in a towel may be applied to the outside of the face for approximately 10-15 minutes at a time.

BLEEDING: After the first hour if heavy bleeding persists, even though you have strictly followed the instructions, change your pack and place new gauze after the hour, then if bleeding still persists, apply a moistened tea bag and again bite down hard for one hour. If these efforts do not control the bleeding, please call our office. Oozing, which is slight intermittent bleeding is normal for up to two or three days and should not cause concern.

ORAL HYGIENE: After 24 hours, gently brush and rinse with warm slightly salty water at least twice a day, if you find that it helps. Otherwise, just brush.

DIET: A soft diet for the first 24 hours is recommended. e.g.: applesauce, yogurt, pudding, mashed potatoes or soup After that time you may eat whatever is comfortable for you.

CAUTION: If you suddenly sit up or stand up from a lying position, you may become dizzy. If you are lying down following surgery, make sure you sit up for 30 seconds before standing.

Keep the Mouth Clean: No rinsing of any kind should be performed until the day following the surgery. The day after surgery you should begin rinsing at least 3-4 times a day, especially after eating, with a teaspoon of salt mixed into one cup of warm water, or with a prescription mouthwash if one was prescribed.

Discoloration: The appearance of some bruising on the skin is a normal reaction to surgery. Moist heat applied to the area may speed up the removal of the discoloration.

Antibiotics: If you have been placed on antibiotics, take them as directed to prevent infection. Try not to miss doses. Discontinue antibiotic use in the event of a rash or any other unfavorable reaction and contact our office immediately.

Nausea and Vomiting: In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour, including the prescribed medicine. You may consider sipping cola or ginger ale. You should sip slowly over a fifteen-minute period. When the nausea subsides you can begin taking solid foods and the prescribed medicine. If the nausea persists, please call the office during pharmacy business hours so nausea medication may be prescribed.

Other Complications: If numbness of the lip, chin, or tongue, occurs there is no cause for alarm. As discussed at your consultation, this is a somewhat common complication, and in most cases is temporary. You should be aware that if your lip or tongue is numb, take care when chewing to avoid biting the area. Call office if you have any questions.

Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol or ibuprofen should be taken to reduce the fever.

Occasionally, patients may feel hard projections in the mouth with their tongue, they are not tooth fragments; they are the bony walls of the tooth socket. These projections usually smooth out spontaneously in some cases, they may require removal after initial healing.

Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is normal post-operative event which will resolve in time. Feel free to schedule a follow up visit if you are concerned about its extent or duration.

Sutures: Sutures are sometimes placed in the area of surgery to minimize postoperative bleeding and to help with healing. Unless otherwise instructed, these will fall out between 1 and 2 weeks. Sometimes they become dislodged early; this is no cause for alarm. If sutures remain beyond 2 weeks from surgery, they can be easily removed at the office, feel free to call the office for an appointment to get them removed.

Dry Socket: A dry socket is when the blood clot is lost prematurely from the tooth socket. Symptoms of pain at the surgical site and even pain near the ear may occur 5 to 7 days following surgery. Dry Sockets always resolve. In many cases the best course is to leave the area alone and avoid bothering it when healing. In some cases, the socket may be packed to improve comfort. This can be discussed at your follow up appointment if you have concerns about a possible dry socket.

If you have any questions, please feel free to call the office at (480) 539-6420, if it is after office hours, instructions to reach the on call doctor will be provided.