



David Christian
Bradenton Oral Surgery Center DDS

Post-Operative Instructions

Immediately Following Surgery

After leaving the office, keep gauze in mouth for another 45 minutes and then remove. It is possible you will ooze for the next 24 hours, but it should taper off. If taking blood thinners, you may experience prolonged bleeding. If you continue to bleed, moisten 1-2 pieces of gauze (included in "go home" bag) with cold water, wring out, fold, and place in mouth for additional 45 minutes.

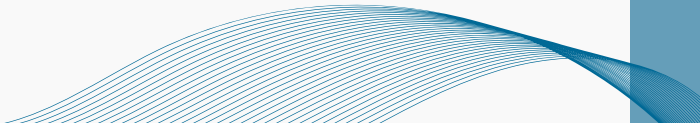
You will be numb for approximately 3-6 hours. Please only drink clear liquids (water, Sprite, Ginger Ale or similar) until numbness wears off. **Do not use straws.** This protects the clot forming at the surgical site. Once feeling returns you may start chewing soft foods being careful to chew away from the surgical site.

Place ice packs on the sides of your face where surgery was performed. An alternating regimen of 20 minutes on with 20 minutes off is best to maximize benefits. Cold therapy should only be used for 24-72 hours post-surgery. After the initial 24-72 hour period mild heat applied to the affected side is best to reduce swelling.

Begin taking pain medication as soon as you begin to feel discomfort. If feeling nauseated please see "Minor Surgical Complications" section for instructions. For detailed information on pain medications see "Pain" section in this booklet.

Restrict your activities the day of surgery. Most patients are able to return to normal activity within 2-3 days after surgery.

Pain, discomfort and swelling will peak around 72 hours after surgery. A yellow, oral scab will develop around the same time. This is normal and should not be removed or touched. The scab and deeper clot are helping protect the surgical site.



Bleeding

Avoid vigorous mouth rinsing or touching the wound area following surgery for 3 days to minimize new onset bleeding.

For excessive bleeding place a gauze pad over the area and bite firmly for thirty minutes. Repeat if necessary.

If bleeding continues, bite on a moistened tea bag for 30 minutes.

To minimize further bleeding do not become excited, sit upright, and avoid exercise.

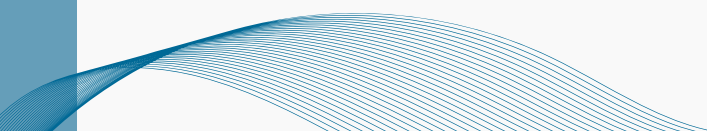
If bleeding does not subside call for further instructions.

Swelling

Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively.

For up to 72 hours after surgery apply ice packs to help reduce swelling. After 72 hours of ice therapy, apply mild heat to the sides of the face where surgery was performed. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to the inflammatory process of surgery.

Rest with your head elevated for the first 72 hours after surgery to help reduce swelling.



Bruising

Bruising is not uncommon post-op and frequently seen in patients using blood thinners. It can take up to and longer than one week for this to resolve.

Moist heat applied to the area may speed up the removal of the discoloration.

Pain

Begin taking pain medication as soon as you feel the local anesthetic wearing off.

For moderate pain:

- **Advil or Motrin (Ibuprofen) is the medication of choice for pain control after surgery.** Ibuprofen purchased over the counter is available in 200mg tablets. 3-4 tablets may be taken every 6-8 hours as needed for pain. Do not exceed 3200mg in a 24 hr period.
- If more pain medication is needed, 1 or 2 Tylenol or Extra-Strength Tylenol (Acetaminophen) may be taken every 4-6 hours. This may be alternated in addition to Ibuprofen. Do not exceed 4000mg in a 24 hour period.
- Do not take Tylenol if you are taking a prescribed pain medication that includes Tylenol (e.g. Vicodin, Percocet, Lortab)
- Please check with your pharmacist if you have any questions regarding Tylenol content in your prescribed pain medication.

For severe pain:

If a narcotic pain medication is prescribed it should be taken as directed only after trying Ibuprofen first.

Do not take any of the above medication if you are allergic to it or have been instructed by your doctor not to take it.

Antibiotics

If you have been prescribed antibiotics take as directed **starting the evening of surgery**. If you are experiencing stomach upset after surgery it is acceptable to wait to start antibiotics the following morning.

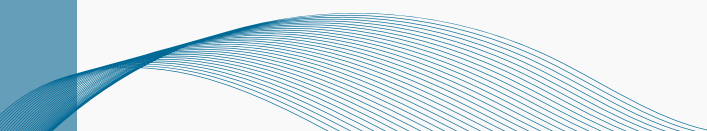
Discontinue antibiotic use in the event of a rash or other perceived allergic reaction. Please call the office to notify us if this should happen.

Women prescribed oral contraceptives should be cautioned to use an additional means of contraception if taking an antibiotic after surgery. If you have any concerns please contact your primary care doctor or OB/GYN doctor.

Post-Operative Wound Care

You should avoid rinsing the day of surgery. If it is necessary to rinse because of blood accumulation, please be extremely gentle.

Do not brush your teeth the day/night of surgery. Brushing can be resumed the next day and is encouraged to avoid infection and promote wound healing. Avoid directly brushing the surgery site.



Rinse:

There will be a hole where the tooth was removed. The cavity will shrink gradually over the next month. Keep the area clean, especially after meals, with a salt water rinse, medicated rinse and/or a toothbrush. The day after surgery brushing your teeth is okay—just be gentle at the surgical sites. To make salt water rinse: Mix 1 cup warm water plus 1 teaspoon salt.

If prescribed a medicated rinse please use twice a day after brushing and continue use for 14 days. After meals a salt water rinse should be used.

Syringe Use:

After 7 days begin to use the syringes sent home with you. If you were not prescribed a medicated rinse please use salt water to gently flush the sockets. This may cause mild irritation and sensitivity as old food is flushed from the site.

If prescribed a medicated rinse, dilute 50/50 with water and use this mixture in the syringes to flush the surgical sites.

Continue to flush with the syringes until the hole at the surgical site is completely closed. This may take up to 2-3 weeks.

Do not use syringes to flush the area until 7 days following your surgery.

Treatment of Minor Surgical Complications

If numbness of the lip, chin or tongue occurs there is no cause for alarm. As stated before surgery, this is usually temporary in nature. If it should persist for more than 2 weeks please call the office to notify us.

Slight fever immediately following surgery is not uncommon. Tylenol or Advil should be taken to reduce the fever. If the temperature persists for more than 48 hours please call the office to notify us.

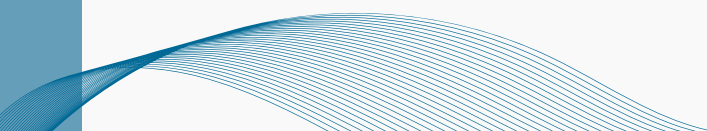
You should be careful going from the lying down position to standing. You may become dizzy when you stand up suddenly. Before standing up, you should sit for one minute then slowly get up.

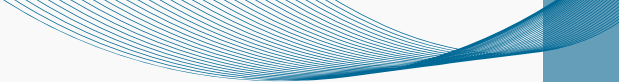
Occasionally, patients may feel sharp edges at the surgical site. These are typically pieces of the bony wall that supported the tooth and will smooth with time.

During surgery the corners of your mouth are stretched. This can result in them drying out and cracking. Your lips should be kept moist with an ointment such as Vaseline.

A sore throat and pain when swallowing is normal after surgery. This will subside in 5-7 days.

Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal and will improve with time. We encourage you to gently stretch and open your mouth to speed the recovery process.





If sutures become dislodged there is no cause for alarm. Please remove the suture from your mouth and discard it. The sutures will break apart and fall out on their own approximately one week after surgery.

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 to the ear may occur 4-6 days following surgery. Call the office if this occurs.

If you are involved in regular exercise, be aware that your normal calorie intake is reduced and exercise may weaken you. If you feel dizzy or weak please stop exercising.

Nausea and Vomiting

In the event of nausea and/or vomiting following surgery, do not eat or drink anything by mouth for at least an hour including any prescribed medicine. Pain medication can worsen the effects of nausea and vomiting.

Once the nausea/vomiting subsides we recommend trying clear liquids in small amounts before progressing to any soft, solid foods. Once solids are tolerated, pain medication may be resumed as needed.

Diet

After IV sedation, clear liquids should be started first. **Do not use straws.** If well tolerated, you can move on to soft foods. Eat only cold or room temperature foods for the first 24-48 hours. Continue soft foods for 5-7 days being careful to chew away from the surgical sites.

Your hydration is very important after surgery, especially if you fasted prior to IV sedation. Drink at least 5-6 8 ounce glasses of liquid daily.

Soft Food Suggestions

- scrambled eggs
 - omelets
 - pancakes
 - french toast
 - oatmeal
 - cream of wheat or grits
 - most muffins (no nuts)
 - coffee cake
 - any cereal that gets soggy
 - soups and chili
 - cottage cheese
 - egg or tuna salad
 - most casseroles
 - sloppy joe's
 - soufflés
 - macaroni and cheese
 - tuna and noodles
 - any soft vegetables
 - crepes
 - pot pies
 - meat loaf
 - most canned fruit
 - applesauce
 - ice cream
 - sherbet or sorbet
 - yogurt
 - custard
 - bread pudding
 - milk shakes (NO STRAWS)
 - jello
 - pudding
 - juice
 - Sprite, 7-Up, Ginger Ale or similar drink
 - meal replacement drinks (Ensure, Carnation breakfast drink, etc)
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After Hours Emergencies

We are available after hours for patients of record who have recently been treated in our office. Please call our office at **941-794-1788**, listen through to the end of the message options and then dial 2 when prompted. Please leave a detailed message that includes your name, date of birth, reason for your call and best contact number for us to return your call.



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