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ORAL SURGERY POST OPERATIVE INSTRUCTIONS

Gentle pressure must be maintained to stop the bleeding and to form a blood clot. You will receive some gauze sponges to take home. After arriving home, please change the gauze sponges. First, moisten slightly with water, then fold them into small squares and place them over the surgical area. Begin timing for 45 minutes and change every 45 minutes until bleeding has stopped. As the bleeding stops, remove sponges and do not replace them unless bleeding persists. Do not sleep with the gauze in your mouth.

Place an ice bag(s) on your face for the first 48 hours. Hold the ice bag on your face for as long as can be tolerated, then rest for 2-3 minutes. Repeat procedure. The most severe swelling occurs the second day, therefore it is important to keep the ice bag on the entire 48 hours. After 48 hours, some patients still experience swelling: at this time we suggest warm, moist heat packs. If necessary, prop ice bag around the face with pillows to help keep ice bags from falling off of your face while sleeping. Sleep with your head elevated for the first two nights. Use old towels or place plastic wrap under pillowcase to prevent staining on pillows.

Do not suck through a straw, or smoke cigarettes for at least 7 days. Do not suck on candy or throat lozenges. These are all causes of dry sockets. Excessive talking can lead to soreness also.

Diet – 1st day, cool liquids orally (nothing hot or warm) 2nd day through rest of the 1st week – soft mushy diet, you may have hot or warm food at this time, but they must be a soft consistency (soup, mashed potatoes, scrambled eggs, pudding, etc) No chewing solid food for one week.

Keep fingers and tongue away from socket. This could cause the blood clot to dislodge, resulting in a dry socket.

On the morning following surgery, rinse your mouth with your prescription rinse. Repeat this 2 times daily. You may also begin to brush your teeth lightly this day using a soft toothbrush avoiding the surgical sites as much as possible. The rinse will keep the surgical sites clean. It is normal for saliva to be streaked with blood for about 2 days. Swelling is also normal 48 to 72 hours following surgery. If sutures are placed, they will dissolve themselves in about 5-7 days. If they are present at your post-operative appointment, the doctor will remove them. Your temperature may become slightly elevated after surgery. If this rises above 11 degrees, please contact our office.

Following surgery, it is normal to experience minor pain and discomfort. If you were given a prescription for pain medication, take it as prescribed. If the pain medication does not control the pain after 48 hours, you may possibly have “dry socket”. Please call us if you experience any of the following symptoms: severe pain, throbbing sensation, bad taste in your mouth, headache, earache, or sore throat.

POST OPERATIVE COMPLICATIONS

DRY SOCKETS - Severe pain that is not relieved by your prescription 48 hours after surgery is usually a dry socket. Other symptoms include an earache and a bad taste in your mouth. Please contact the office for an appointment.

SORE TEETH – Teeth adjacent to the surgical area will sometimes shift slightly and become sore for several days. However, if this does not improve, please call the office for an appointment.

DRUG REACTIONS – If you are experiencing adverse effects from drug such as nausea, vomiting, diarrhea, hives, itching, headaches, or other effects, discontinue use and call our office.

HEMATOMA – Bruising is an effusion of blood into the tissues, which will cause discoloration of the face. It may last as long as two weeks and is usually associated with difficult surgery.

DYSTHESIA OR NUMBNESS OF THE LOWER LIP – May occur after the removal of the lower wisdom teeth. This is usually related to the positioning of the nerve to the lower wisdom teeth. In most cases it will resolve in two to four weeks.

ORAL ANTRAL FISTULA – Is an opening of the sinus. Occasionally, the sinus will be too close in relationship to the upper teeth. When the tooth is removed, there may be loss of bone resulting in the communication between the mouth and the sinus. Symptoms would be water flowing into your nos when you drink or pain in the sinus with bad odor/taste.

POST-OPERATIVE INFECTIONS – Occasionally, two to four weeks following surgery, food becomes impacted in the sockets and becomes infected. You will have swelling and pain. Please call our office for an appointment.

LIMITED OPENING OF THE MOUTH – There is usually a two week period that you will have a limited range of motion following a surgery. This will improve with resumed normal use of jaw.

SORE JOINT – The temporomandibular joint (jaw joint) is located in the front of the ear and may be tender for several days to weeks after surgery. Please call the office for an appointment.

SENSATION TO HOT AND COLD LIQUIDS – Occasionally, teeth adjacent to the surgical areas are sensitive to thermal changes for six to eight weeks following surgery.