



## INSTRUCTIONS FOLLOWING ORAL SURGERY

*Please read these instructions carefully. They will help you to understand the normal reactions following your surgery and help to keep you as comfortable as possible.*

### **PAIN**

You may experience discomfort, especially during the first 12 to 24 hours. Take the medication prescribed as indicated on the prescription. The initial dose will take 45 minutes to become effective. If necessary, you may repeat this dose one hour later. Thereafter take one pill every 3-4 hours as needed. For mild discomfort you may need only aspirin, bufferin, or tylenol, etc. When taking the tablets or capsules be sure to drink at least a full 8 oz. glass of water to help prevent an upset stomach. If you develop hives or rash, discontinue all medications and immediately contact this office.

**CAUTION:** Do not drive or operate mechanical equipment after taking pain medication.

### **BLEEDING**

It is normal to have some minimal bleeding, pink or red saliva, or clot formation during the first 24 hours. Do not be alarmed. Maintain the gauze pad for one hour with firm biting pressure. If bleeding is excessive, place a thumb size roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 60 minutes with constant pressure. If excessive bleeding persists longer than a few hours call the office for further instructions.

### SWELLING

Following any surgical procedure you can expect swelling to develop. It will usually be most pronounced the second 24 hours. Apply ice packs during the first 24 hours: 1/2 hr. on and 1/2 hr. off. After 24 hours, if swelling persists, use warm moist dressings externally for 20 minutes of every hour.

### ORAL HYGIENE

Cleanliness after surgery is important for a rapid and uncomplicated recovery. Do not rinse your mouth or brush your teeth the day of surgery. The day after surgery, rinse gently every 1-2 hours with a solution of warm salt water (1/2 teaspoon of salt in a full glass of warm water). The teeth should be brushed, but avoid the site of surgery for the first two days.

### DIET

You may eat as soon as you arrive home. A soft, nonchewy diet, avoiding hot liquids, is recommended the first 24 hours after surgery.

JUICES ( <i>liquids of any kind</i> ) (WARM OR COLD)	COOKED CEREAL
SOUP	MASHED POTATOES
EGGS ( <i>prepared any way</i> )	ICE CREAM - SHERBET
COTTAGE CHEESE	MILK SHAKES
YOGURT	JELLO

Try not to skip a meal. Resume your normal diet as soon as possible. Drink plenty of fluids. If you are a diabetic maintain your normal caloric intake and take your medication as usual. If diarrhea occurs and is persistent contact the office immediately.

### OTHER MEDICATION

Continue other medications which you may have been taking routinely before your treatment in our office (*unless otherwise directed*). If antibiotics have been prescribed please continue and complete the entire dosage.

### NAUSEA

A small amount of a carbonated drink (cola or ginger ale) every hour for 5 or 6 hours will usually terminate nausea. Follow this with weak tea or clear broth. Avoid dairy products and citrus juices. If nausea continues contact this office.

### SMOKING

Smokers are advised not to smoke for the first 24 hours after surgery.

### PHYSICAL ACTIVITIES

Activities should be kept to a minimum the first 24 hours after surgery. Avoid overfatigue.

### IMMEDIATE DENTURES

If you have had immediate dentures placed, do not remove them unless otherwise instructed. They will be removed by the doctor or your referring dentist at a future appointment.

### YOU MAY EXPERIENCE:

- Swelling around the surgical site.
- Stiffness in the muscles which may cause difficulty when opening the mouth.
- A slight earache.
- Sore throat.
- Numbness of the lip on the side from which the tooth was removed. This is called "paresthesia" and is most often a temporary condition.
- Pain in other teeth.
- Dryness or cracking of the lips. Your lips should be kept moist with a cream or ointment such as vaseline or cold cream.
- Black and blue discoloration on the outside of the face near the area of surgery. This will resolve within several days.
- A slight elevation of temperature for the first 24 to 48 hours.

### TELEPHONE CALLS

Please keep in mind when calling the office that the doctors are usually in surgery and may not be able to talk to you immediately. Please tell the receptionist the nature of your call. Some matters can be handled by her through our office communication system making a return call unnecessary. Others may require direct communication with the doctor. If so, please leave your telephone numbers, both during and after office hours.

Our telephone is answered 24 hours a day. When the office is closed our answering service will usually be able to reach one of the doctors within a short time.

Try to anticipate the need for prescription refills and call during office hours so that the doctor can refer to your records. Please have the pharmacy telephone number available when you call.

*We are interested in your speedy and comfortable recovery.  
If any problems arise please feel free to call us at any time.*