

POST-OPERATIVE INSTRUCTIONS

*****Please read ALL of these instructions carefully*****

Often the after-effects of oral surgery are quite minimal, so not all of these instructions may apply. Common sense will often help you to know what you should do. However, when in doubt follow these guidelines or call our office for clarification.

Our office number is: **503-657-8787**.

DAY OF SURGERY

FIRST HOUR: Bite down gently but firmly on a gauze pad that has been placed over the surgical area(s), making sure the gauze remains in place. The packs may be gently removed after one hour. After taking pain medication new gauze pads can be placed. Leave these pads in place and change when they are saturated. Otherwise, avoid frequent changing. Once the gauze is spotting (½ red, ½ white) leave the gauze out.

BE CAUTIOUS: Do not disturb the surgical area today. Do NOT rinse vigorously, spit, or probe the area with any objects. You may use a straw to drink with if you wish. **PLEASE DO NOT SMOKE** as this is very detrimental to healing and may cause a dry socket.

OOZING: Light, on & off bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

PERSISTENT BLEEDING: Post operative bleeding is rarely severe. If it seems excessive it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs directly over the

surgical site and maintain pressure while sitting upright. If bleeding continues to be significant please contact our office for further instructions.

SWELLING: Swelling often occurs with oral surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 24 hours after surgery. Swelling will peak during the 2nd or 3rd postoperative day and will typically reduce from there.

PAIN: Unfortunately most oral surgery is accompanied by some degree of discomfort. Dr. Rodich has prescribed you pain medication to take for this discomfort. **Take the first pain pill before the anesthetic has worn off. This should help you stay ahead of the pain and minimize any discomfort.** Some patients find that stronger pain medicine causes nausea. If you precede each pain pill with a small amount of food or carbonated fluids (i.e. soda pop) chances for nausea will be reduced. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement each pain pill with ibuprofen. Ibuprofen (Advil or Motrin) bought over-the-counter comes in 200mg tablets. Please follow the package directions for proper dosing. Some patients may even require two of the pain pills at one time. *Do not take any of the medication if you are allergic, or have been instructed by your doctor not to take it.*

Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. **If you anticipate needing more prescription medication for the weekend, you must call our office during weekday business hours.**

NAUSEA: Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by eating a small amount of soft food and drinking water before taking the pain pill. Try to keep taking clear fluids and minimize dosing of pain medications. Carbonated soda or water may help with nausea.

DIET: Eat nourishing foods that do not cause discomfort. Avoid extremely hot foods. It is sometimes advisable, but not absolutely required, to confine the first day's intake to cooler softer foods (soups, puddings, yogurt, milk shakes, etc.) It is best to avoid foods like nuts, sunflower seeds, popcorn, etc, which may get lodged in the socket areas. Over next several days you may gradually progress to solid foods. It is important not to skip meals! If you take in nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

STICHES: Stitches are frequently used for surgery and may be coarse to the touch. They are dissolvable and usually are gone within the first few days to a week after surgery. You will not need to be seen to have the stitches removed.

INSTRUCTIONS FOR DAY 2-3

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use 1/4 teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort keep your teeth & mouth clean.

HOT APPLICATIONS: You may apply warm compresses to the cheek over the areas of swelling (hot water bottle, hot moist towels, and heating pad) for 20 minutes on—then 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

HEALING: Normal healing after tooth extraction should be as follows: The first 2 or 3 days after surgery are generally the most uncomfortable and there is usually some swelling. On the 4th day you should start to be more comfortable and, although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be a gradual, steady improvement. If you don't see continued improvement, please call our office. If you are given a plastic irrigating syringe, it should be used daily according to the instructions until you are certain the tooth socket has closed completely and there is no chance of any food particles lodging in the socket.

It is our desire that your surgery & recovery be as smooth and pleasant as possible. Following these instructions will assist you in the recovery process, but if at any time you have questions about your progress, please contact our office. A 24-hour answering service is available to contact the doctor & surgical staff after hours. Calling during normal office hours will afford a faster response to your questions/concerns.

PLEASE NOTE: Telephone calls for narcotic (pain killers) prescription renewals are **ONLY** accepted during office hours.