

NAME: \_\_\_\_\_

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

#### DAY OF SURGERY

##### FIRST HOUR.

Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place for one hour. If active bleeding persists after one hour, place enough new gauze to obtain pressure over the surgical site for another 30-60 minutes. The gauze may be changed as necessary and may be dampened and/or fluffed for more comfortable positioning. Maintain continuous ice on the cheeks/jaw(in front of ear area for wisdom teeth extraction).

##### EXERCISE CARE

Do not disturb the surgical area. DO NOT rinse vigorously or probe the area with any objects or your fingers. You may brush your teeth gently. **DO NOT SMOKE** since it is very detrimental to healing. Do not use a straw or spit. These instructions should be followed until returning for your post operative appointment.

##### STEADY BLEEDING

Bleeding should never be severe. If it is, this usually means that the packs are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning fresh packs. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in cold water, squeezed damp-dry and wrapped in moist gauze) for 20 to 30 minutes. If bleeding remains uncontrolled, please call our office.

##### SWELLING

Often there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 to 48 hours after surgery. After 48 hours, it is usually best to switch from ice to moist heat to the same areas.

##### PAIN

Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication and if you take the first pill before the anesthetic has worn off you will be able to manage any discomfort better. Effects of pain medications vary widely among individuals. If you do not achieve adequate relief, you may supplement each pill with an analgesic such as aspirin, ibuprofen or acetaminophen only as instructed by Dr. Saxe. Some people may even require two of the pain pills at one time during early stages (but that may add to the risks of upset stomach). Remember that the most severe discomfort is usually within the first six hours after the anesthetic wears off. After that your need for medicine should lessen.

##### NAUSEA

Nausea is not an uncommon event after surgery and it is sometimes caused by stronger pain medicines. Nausea may be reduced by preceding each pill with soft food, then taking the pill with a large volume of cold water. Try to begin with clear fluids and work your way up to solid food prior to taking the pain medication but call us if you do not feel better or if repeated vomiting is a problem.

##### DIET

Eat any nourishing food that can be taken with comfort. Temperature of the food doesn't matter, but avoid extremely hot foods. It is sometimes advisable, but not required to confine the first day's intake to bland liquids or pureed foods (creamed soups, puddings, yogurt, milk shakes, etc.). Avoid foods like nuts, sunflower seeds, popcorn, etc., that may get lodged in the socket areas. Over the next several days you can progress to solid foods at your own pace. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule.

##### MOUTH RINSES

Keeping your mouth clean after surgery is essential. Starting 48 hours after surgery use one-quarter 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 for the next five days.

##### BRUSHING

Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort. Allow water to fall out of your mouth, do not spit.

##### HOT APPLICATIONS

48 hours after extraction, apply warm compresses with massage, hot water bottle, heating pad or moist hot towels to the skin overlying areas of swelling for 20 minutes on and off to help soothe those tender areas. This will also help decrease swelling and stiffness.

##### DRY SOCKETS

Normal healing after tooth extraction should be as follows: This first day of surgery is usually the most uncomfortable as there is some degree of swelling and stiffness. The second day you will usually be far more comfortable and although still swollen, you can usually begin a more substantial diet. From the third day on GRADUAL, STEADY IMPROVEMENT should make up the remainder of your post-operative course. If a DRY SOCKET occurs (loss of blood clot from socket, usually on the 3<sup>rd</sup> to 5<sup>th</sup> day), there is a noticeable, distinct, persistent throbbing pain in the jaw, often radiating toward the ear and forward along the jaw to cause other teeth to ache. If you do not see steady improvements during the first few days after surgery call the office and report symptoms so you can be seen as soon as possible.

**FAILURE TO FOLLOW INSTRUCTIONS MAY BE LIFE THREATENING.** It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office. Please try to call during office hours, however, 24 hour assistance is available if needed, please call the office and an emergency phone number is available on the message for after hours contact with the doctor. Calling during office hours will afford a faster response. Contact the Doctor if any of the following complications arise:

- Profuse, uncontrollable bleeding.
- Swelling which begins after the first 72 hours following surgery.
- A markedly elevated temperature.
- A generalized skin eruption or rash.
- Any situation which is not covered and should be brought to our attention.

##### PRESCRIPTION INSTRUCTIONS:

\_\_\_\_\_ - \_\_\_\_\_ every \_\_\_\_\_ hours until gone

\_\_\_\_\_ - \_\_\_\_\_ every \_\_\_\_\_ hours as needed for pain

##### FOLLOW UP APPOINTMENT, FAILURE TO RETURN MAY RESULT IN COMPLICATION:

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Time: \_\_\_\_\_:\_\_\_\_\_ am pm

Signature of person receiving instructions: X \_\_\_\_\_

Instructions given by: \_\_\_\_\_