

CUIDADO DE LA BOCA DESPUÉS DE UNA EXTRACCIÓN

1. NO SE ENJUAGUE LA BOCA HOY. Mañana enjuague la boca suavemente cada hora (especialmente después de las comidas). Use un cuarto de cucharadita de sal y disuélvalo en un vaso de agua tibia. Repita el tratamiento durante varios días.
2. SANGRADO. Después de una extracción es normal que la herida sangre. Si el sangrado persiste, ponga un poco de gasa sobre el area que sangra y muerda la gasa firmemente durante una media hora. Repítalo si es necesario.
3. HINCHAZÓN. Utilice una bolsa de hielo o envuelva hielo en una toalla y aplíquela en el área donde se efectuó la operación. Deberá hacerlo cada media hora, descansando media hora, por 4 o 5 horas.
4. DOLOR. Si tiene dolor ligero o de mediana intensidad, use el medicamento de su preferencia pero que no tenga aspirina.
5. COMIDA. Es recomendable una dieta Ligera durante las primeras 24 horas.
6. PUNTAS ÓSEAS. Algunos fragmentos filosos del hueso pueden aparecer en la encía durante el proceso de cicatrización. Estos fragmentos no son raíces; Si le molestan, regrese al consultorio para que se los extraigan.
7. Si tienes cualquier síntoma fuera de lo esperado en estos casos, llame al consultorio inmediatamente.
8. Si se cumplen y toman en cuenta los cuidados adecuados que se deben seguir a los procedimientos de la cirugía oral, se prevenirán complicaciones y su recuperación será más rápida.

INFORMATION AND INSTRUCTIONS CONCERNING ORAL SURGERY

“STITCHES WILL DISSOLVE”



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POST-OPERATIVE TREATMENT

Day _____

Hour _____

In case of post-operative complications night or day call **(562) 421-9369**

Take pain medication with warm tea.

Do not use WaterPik for two weeks. Always take your regular medications.

FAINTING: Do not get up quickly when lying down. Be particularly careful in the bathroom – use assistance here always.

THE FOLLOWING CONDITIONS ARE CONSIDERED NORMAL FOLLOWING ORAL SURGERY.

- 1. SWELLING:** The swollen area may become quite large, especially after removal of impacted teeth. Use an ice pack with a covering 20 minutes on and off. The swelling can last from 2 to 5 days, depending on the severity of the surgery.
- 2. DIFFICULTY IN OPENING MOUTH:** This is not “Lockjaw”. It usually follows removal of impactions and will tend to go away after sutures are removed. Return to the office if this condition persists.
- 3. NUMBNESS:** This condition often follows oral surgery and is generally temporary, lasting from a few days to a few weeks. In rare cases, it may last for an extended period.
- 4. SYMPATHETIC PAIN:** Teeth near the extracted one may ache off and on for several days following surgery. Sore throat and earaches are in the same category.
- 5. HOLLOW PLACE REMAINING:** A depression or cavity will often remain after removal of lower impactions and other teeth. As well as possible, this should be rinsed beginning the day following surgery with the solution provided. Food accumulation in this cavity, even after several days following surgery, will cause recurrent swelling and pain. Return to the office for irrigation if this occurs.
- 6. SORE AT CORNER OF MOUTH:** This occurs as a result of stretching. Bland ointment should be used to keep area from drying out.
- 7. STITCHES IN CHEEK:** The removal of lower impacted wisdom teeth requires an incision, which extends into the cheek, where stitches will be felt with the tongue.
- 8. FEVER:** Slight temperature elevation may occur for 24 to 48 hours. If temperature persists, notify office.
- 9. BLACK AND BLUE MARKS:** These are the result of bleeding beneath the skin and are of no consequence. They are not “bruises.”
- 10. BLEEDING:** Mild oozing of blood may be expected for 24 to 36 hours following the operation. If bleeding continues or increases, phone the office. Place a small gauze ball (provided) or a tea bag, wrapped in gauze, and moistened **DIRECTLY OVER TOOTH SOCKET** and close firmly for 30 minutes. This acts as a “cork in a bottle”.
- 11. BONE FRAGMENTS:** For some days following a difficult extraction, bone fragments (not roots) may work through the gum. They are of no significance. X-rays are taken after extractions routinely to assure the absence of roots and satisfactory healing.
- 12. NAUSEA:** Nausea often follows oral surgery by 8 hours and may last several days. It is not related to anesthetic drugs used in modern times, but is usually due to swallowed blood or drainage. Nausea may be treated with any antacid such as milk, bicarbonate of soda, or a commercial product such as Roloids, Alka-seltzer, etc. Call the office for prescription if these are ineffective.
- 13. DIZZINESS:** A dizzy or groggy feeling may persist for 24 hours or more following general anesthetic. If this occurs, do not drive or operate dangerous machinery. Bed rest is the best cure. Stop taking pain medication or take only half of the dosage.
- 14. RASH:** This may be related to allergy to one of the medications used for pain or infection. Stop taking all medications and call the office.
- 15. MUSCLE AND JOINT PAIN:** These pains are caused by relaxing drugs used in conjunction with modern general anesthetics and are of no significance. It is not the Flu or bruises.
- 16. CHEWING:** Teeth may not meet after impacted wisdom teeth are removed, due to swelling of the gums. This will improve after suture removal.

GENERAL INSTRUCTIONS

1. Remove gauze sponge in 1/2 hour and replace if there is still bleeding.
2. Rest or sleep after arriving home. Exercising encourages bleeding.
3. Take the prescribed medication (if one is given) for pain, sleep, and infection. Remember that the antibiotic medication should be taken until completed.
4. Do not blow nose for 2 weeks following the extraction of upper molar teeth.
5. Drink plenty of fluids. Supplement soft, solid foods, such as eggs, oatmeal, mashed potatoes, with any dietary liquid supplement: Ensure, Glucerna, Instant Breakfast, protein shake, etc.
6. Do not remove immediately placed dentures for 24 hours.
7. If unable to eat adequately, a multiple vitamin preparation with vitamin C should be taken twice, daily.
8. Starting the day after your surgery, rinse 5 times a day with diluted mouthwash or warm salt water (1/4 teaspoon of table salt in 8 oz. of water).
9. Do not bite too hard, as jaw fracture is possible from excessive pressures.
10. Your sutures are dissolvable and should fall out over time.
11. Users of oral contraceptives be advised that antibiotics may interfere with their effectiveness.