

Ramapo Oral Surgery, P.C.

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POST-OPERATIVE INSTRUCTIONS

PLEASE READ THESE INSTRUCTIONS CAREFULLY. SOMETIMES THE AFTER EFFECTS OF ORAL SURGERY IS 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.

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.

Do not change them for the first hour unless the bleeding is not being controlled. If active bleeding persists after an hour, place enough new gauze to obtain pressure over the surgical site for another 60 minutes. After, the gauze may be changed as necessary.

EXERCISE CARE

DO NOT DISTURB THE SURGICAL AREA TODAY.

DO NOT RINSE OR BRUSH YOUR TEETH.

DO NOT SMOKE for at least 24 hours, since it is detrimental to healing and may promote bleeding.

DO NOT DRINK THROUGH A STRAW, SPIT, OR RINSE.

USE ICE THE FIRST 24 HOURS TO MINIMIZE SWELLING.

OOZING

Intermittent bleeding or oozing is normal. It may be controlled by placing fresh gauze over the surgical area and biting down firmly for 30-60 minutes.

STEADY BLEEDING

Bleeding should never be severe. If it is, usually it means that the packs are being clenched between your teeth rather than exerting pressure on the surgical areas.

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 the face or the cheek adjacent to the surgical areas.

This should be applied twenty minutes on and twenty minutes off during the first 12 to 24 hours after surgery.

After the 1st 24 hours warm compresses can be applied as needed.

The peak of swelling will be on the 3rd day. The swelling will disappear by the 5th day.

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.

NAUSEA

Nausea is not an uncommon event after surgery, and is sometimes caused by stronger pain medicines. Nausea may be reduced by preceding each pill with a small amount of soft food. Try to keep taking clear fluids and minimize the pain medication, but all us if you do not feel better or if repeated vomiting is a problem. Cold drinks that have less carbonation may help with the nausea.

DIET

Eat any nourishing food that can be taken with comfort. Temperature of food does not matter, but avoid extremely hot or cold foods. It is sometimes advisable, to confine first day's intake to bland liquid or pureed food (creamed soups, pudding, yogurt, milk shake, etc). Over the next several days you can progress to solid foods at your own pace

SHARP EDGES

If you feel sharp edges in the surgical area with your tongue, it is probably the bony walls which originally supported the teeth.

Occasionally, small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth and, if necessary, we will remove them.

SUTURE

Stitches are dissolvable. They will slowly come out by themselves.

MOUTH RINSES

Keeping your mouth clean after surgery is essential. Use one quarter teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse. Repeat three times daily or after every meal for the next five days.

BRUSHING

Brushing should be avoided the first 24 hour after surgery. Please brush gently within the bounds of comfort.

DISCOLORATION OF THE SKIN

Discoloration sometimes occurs and may extend down into the neck, under the eye and even down into the skin of the chest. This is of no importance and will disappear spontaneously.

PLEASE NOTE:

- **The 1st day of surgery is usually the most uncomfortable and there is some degree of swelling and stiffness.**
- **The 2nd and 3rd day you will usually be more comfortable and, although still swollen, you can usually begin a more substantial diet.**
- **After the 3rd day, a gradual, steady improvement should mark the remainder of your post operative course.**

FROM OUR PRACTICE

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have about your progress, call the office.

Please try to call during office hours however, a 24 hour answering service is available for after hours emergencies. Calling during office hours will afford fast response.

Anup Muduli, D.M.D.

