

## POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY, EXTRACTIONS, APICOECTOMY AND DENTAL IMPLANTS

### DIET (2-3 DAYS):

Do not drink through a straw. Avoid carbonated beverages or alcohol. Remain on a soft diet today and then increase diet as tolerated. avoid rice, grits and foods that are very small that may become lodged in the area. do not chew directly on the surgical site. avoid smoking and smokeless tobacco. As these can also increase the chances of infection, delay healing, or cause additional problems. Smoking will slow the healing process.

### EXERCISE AND REST:

Elevate head on several pillows for the first 2 days. Rest as much as possible today and avoid strenuous activity, then increase activity as tolerated. You may also wish to sleep with a towel on your pillow in case of any oozing. Over-exertion may start or intensify your pain. avoid excessive work or play for the first 24 hours. It is not necessary to stay indoors following an uncomplicated surgery. However, rest and minimal activity will help to minimize pain, swelling, and bleeding. Normal activity may be resumed the following day as tolerated.

### MEDICATIONS:

Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, diarrhea or cannot swallow your pills.

- Antibiotics: Continue until the bottle is empty, even if your pain has resolved.
- Pain Medicine: Continue as necessary. Remember that narcotics can make you drowsy, so no driving, operating machinery or alcoholic beverages while you are taking them.
- Taking Ibuprofen every four hours by the clock could prevent you from needing pain medications. For mild discomfort, use ibuprofen. Do not take more than 400 mg (2 pills) every 4 to 6 hours ( max 3200 mg daily). If you cannot use Ibuprofen, you may take Acetaminophen. Please consult your doctor before taking any Acetaminophen as some medications used in our office already contain it.
- If you have been pre-medicated with an oral sedative, do not sit up or stand quickly or walk unassisted today. Do not drive a vehicle, operate machinery or make important decisions for 24 hours. Have someone with you today.

### FOR BLEEDING:

Some minor bleeding is expected after dental surgery. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours.

- Keep gauze on the surgical area with some pressure for 30 to 45 minutes.
- Remove the gauze after 30 to 45 minutes and replace it with a new piece of gauze if you are still bleeding. It is important to make sure that the gauze is directly on the surgical site. Firm pressure for another hour should stop

the bleeding. If the gauze is over the stitches, be sure to wet your mouth completely before removing them to avoid the possibility of pulling a stitch.

- If you find that this is not working after your third attempt, use a moistened tea bag instead of the gauze. The tannic acid in the tea will help to form a clot and stop the bleeding.
- If you are not able to control the bleeding using these measures, contact our office at 806.797.0341

### FOR SWELLING & BRUISING:

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe, and is different for every patient. The swelling will get bigger for the first 24 to 48 hours before it starts to go away. It may last for several days to one week. Some bruising may also develop on the face. It is not unusual to develop bruising in the area of the extraction. There may be slight elevation in temperature for 24 to 48 hours. If the fever persists, please contact our office.

- Use an ice pack on the cheek or face next to the surgical site. Keep it on for 15 to 20 minutes, then off for 10 minutes and repeat until you go to sleep. Start again the next day.
- Sleep with your head elevated slightly, above the heart. This will keep the swelling down.
- If you feel swelling on the inside of your mouth or on the side of your face you can use cold packs on your cheek and/or eat a milkshake or smoothie (no berries) with a spoon.
- If your jaw feels sore, use warm, moist heat on the side of your face.

### NAUSEA:

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour, including the prescribed medication. You should then sip on water, juice or tea. Sip slowly over a 15 minute period. When the nausea subsides, you can begin taking solid foods and the prescribed medication.

## SUTURES:

You will need to come in 10 days after your surgery to have any sutures removed. We strongly recommend you DO NOT pull or play with the sutures.

## BRUSHING AND RINSING:

You may brush your teeth, avoiding the surgical area, until 3 days after the procedure. Be gentle and do not spit or rinse forcefully. Start brushing the surgical area on the second day and be very gentle around the stitches. You may start rinsing today, gently, with some warm salt water every few hours. Do not use mouth rinses containing alcohol for a few days. Avoid the use of a rotary toothbrush around your surgical site for 3 days.

## TRISMUS:

Trismus (stiffness) in the face muscles may cause difficulty in opening your mouth for a period of days. Moist heat compresses can minimize this condition. You may experience aching from other teeth. This discomfort is caused by referred pain and is a temporary condition.

## DRY SOCKET:

A dry socket is the loss of the blood clot in the socket. This condition creates a delayed healing at the extraction site and presents symptoms such as pain in the ear, chin, adjacent teeth and jaw. The discomfort usually begins about the third or fourth day after the surgery and can last for many days. The cause of a dry socket is unknown, but it can be attributed to the difficulty of the surgery, increased age, medications (such as birth control pills) and smoking. Treatment is for the symptoms only.

## CALL THE OFFICE PROMPTLY IF THESE OCCUR, OR IF QUESTIONS ARISE

- Increased pain and/or throbbing
- Prolonged and/or painful swelling
- Elevated temperature above 101 degrees
- Excessive bleeding
- Continued nausea, vomiting or diarrhea

## For Site Development and Implants:

- You will come in 10 days after surgery to have any sutures removed and 20 days after your original surgery date to have the membrane removed.
- If you are using a rotary tooth brush, such as a Sonicare, please be careful when brushing the adjacent teeth to the site so you do not remove the sutures prematurely.
- If the suture or membrane fall out before your follow up appointments, it is imperative that you still attend your appointment so that the doctor can check the healing site.
- If you are given an Essex retainer to wear during healing, it is important to eat with it the first three weeks as this will protect the implant.
- AO Gel- Start using this the night of surgery and twice daily starting the day after surgery.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE AT: 806.797.0341