

North Shore Dental L.L.C.

1345 W. Towne Square Road, Mequon, WI 53092

(262) 242-1180 / www.northshoredentalwi.com

ORAL & MAXILLOFACIAL SURGERY POST OPERATIVE INSTRUCTIONS

GAUZE SQUARES & BLEEDING

A small amount of bleeding is normal and usually stops within a few hours. It is not uncommon to see some oozing and discoloration of saliva for 14-48 hours. Following your oral surgery, gauze pressure packs may have been placed over the area of surgery and you were asked to bite down. This applies pressure to the areas and hastens control of bleeding. The original gauze should remain in place for at least 30 minutes. After this amount of time, the gauze should be replaced. Continued bleeding will require replacement with a clean gauze pack. Make sure the gauze pack is placed over the extraction site; not between the teeth. This and subsequent packs (if necessary) should remain for at least 30 minutes each. Persistent or vigorous bleeding warrants a phone call for additional instructions or possibly a return visit.

STITCHES

Stitches may have been placed during your surgery. If non-dissolving stitches were placed, (generally black in color), they will need to be removed in one week. Dissolving stitches (generally yellow or tan in color), last 2 to 10 days and will fall out on their own. If a single stitch comes out prematurely it does not cause any problems.

PAIN

A variable amount of discomfort is expected with oral surgery. Mild pain can be relieved with Tylenol or Ibuprofen. This should be taken as directed by the manufacturer. Generally speaking, this will be every 4 to 6 hours. If more severe pain is anticipated, a prescription medication will be provided. Generally, a prescription should be filled and the first dose taken before the local anesthetic wears off (2 to 3 hours). Severe pain that persists for more than 3 to 4 days or pain that increases in intensity after 3 to 4 days may be due to a "dry socket". In such cases, call the clinic for an appointment.

ACTIVITY

Take it easy! You have just had a surgical procedure and this requires reduced activity to allow healing. You may feel fine immediately after the surgery, but when the local anesthetic wears off you will experience discomfort. Resume your normal activities as you start to feel better. If you were sedated during your procedure or if you are taking prescribed pain medication, you may be sleepy and your reflexes may be impaired. You must avoid driving and working with dangerous equipment. Sedated patients must not be left alone after their surgery.

SWELLING

Oral surgery procedures or extractions may cause facial swelling; to reduce the amount of swelling, your doctor may recommend the use of an ice pack. If recommended, this should begin immediately after the surgery. The ice pack should be applied for 20 minutes, removed after 10 minutes, reapplied for 20 minutes, etc. until bedtime. The ice pack should be continued in a similar manner the next morning until 24 hours have elapsed after surgery. The ice should then be discontinued. Swelling, despite ice pack may increase for 24 to 48 hours after the surgery, and this is normal. A warm (not hot), moist compress may be applied after 48 hours. This may be soothing and may help reduce swelling. Heat should not be for more than 20 minutes three times a day. Black and blue marks may appear on the face. They will gradually disappear in a week to 10 days.

There may be some tightening of the jaw muscle. This is normal and will relax in a few days.

DIET

Good nutrition is important following oral surgery. The nature of your diet will depend on the extent of your surgery. Generally, a liquid diet or soft, no-chew diet is recommended for the next 2 to 3 days following surgery. Your diet may be advanced, thereafter, to the extent that you can avoid discomfort and bleeding. Should these signs appear, a softer diet is recommended. Hot spicy foods or liquids should be avoided. Do not use a straw. Fruit juices, ice cream, soups, milk shakes, pudding, Jell-O, etc. are recommended during the first 24 hours. Parents, watch young children! They may bite their tongue or lips while the local anesthetic is working. It is best to limit their diet to liquids until the "numbness" is gone. Smoking should be avoided as long as possible.

NAUSEA OR VOMITING

This is most often caused by narcotic pain medications. If the nausea is mild, continue taking the medications as prescribed if severe, discontinue the medication. If nausea or vomiting persists, call the *clinic*. Delay eating until the vomiting ceases. Start with clear liquids (water, 7-up, apple juice, etc.), Progress to "full liquids" (milk, soups, orange juice, broth, etc.) and a soft chew diet as tolerated.

ORAL HYGIENE

Salt water rinses can be initiated 24 hours after your surgery. Rinsing should be done in a slow and gentle manner to avoid disrupting the newly formed blood clot. A 1/2 teaspoon of table salt dissolved in an 8 ounce glass of warm water makes an excellent rinse. Salt water rinses will make the mouth feel better and they will also help to keep the mouth clean. Rinsing should be done after meals and before bedtime for the first few days and it may be continued as long as it seems to be beneficial to you. Spitting and vigorous swishing are to be avoided. Brushing can be done in areas remote from the extraction sites the day following surgery. Gentle brushing with a soft brush may be started in the extraction area after 3 to 4 days.

MEDICATIONS

For minor procedures, a non-prescription pain medication is preferred. Ibuprofen (Advil, Motrin) is an excellent medication. Adults may take up to 400 mg every 4 to 6 hours. Tylenol and Aspirin are also very effective.. Although effective for pain relief side effects include dizziness, nausea, vomiting, anxiety, constipation, etc; prescription pain medications may have a narcotic derivative. DO NOT drive or operate dangerous machinery while taking these medications. Narcotic medications should not be taken on an empty stomach. Antibiotics - most procedures do not require antibiotic coverage. Antibiotics may be prescribed for an infection, heart murmur, prosthetic heart valves, prosthetic joints (knees, hips, etc.). Antibiotics may render birth control pills less effective, Other precautions to avoid pregnancy are necessary while using the birth control pill and taking antibiotics. If antibiotics are prescribed, be sure to follow the instructions on usage carefully.

BONE CHIPS

Occasionally small bony spicules will be present in extraction sites ... This is not unusual. If they are small and asymptomatic, they will usually come out on their own with time. Larger pieces of bone or those that are causing pain may require additional office visits.

In case of an emergency:

If you have any questions or concerns, call the clinic at * (262) 242-1180**

After hours call * (602) 931-1048**