

## POST-OPERATIVE INSTRUCTIONS

**\*\*\*PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY\*\*\***

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

Our number is: **(913) 772-4334**  
(Please **press 2** to access our after-hours "on call" phone)

**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. The packs may be gently removed after one hour. If active bleeding persists, place a new gauze pack to obtain pressure over the surgical site for another 45 minutes. The gauze may then be changed as necessary (typically every 45 minutes).

**EXERCISE CARE:** Please refrain from any physical activity for 7 days after surgery. **PLEASE DO NOT SMOKE** for at least 2 weeks. These are both very detrimental to healing and will cause a dry socket.

**PERSISTENT BLEEDING:** Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only but are NOT exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy, you may dampen a black tea bag and wrap it in a piece of gauze and apply pressure for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

**SWELLING:** Swelling (increasing up to 72 hours after surgery) is often associated with oral surgery. The day of surgery, you can minimize swelling by using a cold pack, ice bag or a bag of frozen vegetables (such as peas) wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. After the first 24 hours, you can alternate cold vs. hot compress. If you have been prescribed medicine for the control of swelling (Medrol dose pack or Prednisone), be sure to take it as directed. Please keep your head elevated while sleeping or resting, for 72 hours after surgery to help with swelling and inflammation.

**PAIN:** Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill before the local has worn off, you should be able to manage discomfort better. Remember to drink plenty of water until your urine is clear.** Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, it will reduce the chance that nausea will occur. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement each pain pill with an analgesic such as Motrin or Ibuprofen. Remember that the most severe pain is usually within 72 hours after the local anesthetic wears off;

after that your need for medicine should lessen. **If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call during weekday business hours. Please call in the morning, we may not be in the clinic in the afternoon.**

**NAUSEA:** Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with the prescribed anti-nausea medication (Zofran, Ondansetron or Promethazine) and a small amount of soft food. Try to keep taking clear fluids and minimize dosing of pain medications but call us if you do not feel better. Classic Coca Cola may help with nausea.

**DIET:** Eat any nourishing food that can be eaten with comfort. Avoid extremely hot foods. Do not use a straw for the first 2 weeks after surgery. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). It is best to avoid foods like nuts, chips, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Do not eat anything sharp and crunchy. Over the next several days you may gradually progress to solid foods. 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 a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

**SHARP EDGES:** If you feel something hard or sharp in the surgical areas, it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

**MOUTH RINSES:** Keeping your mouth clean after surgery is essential. Please use the Chlorhexidine Gluconate (Peridex) as prescribed, morning and night, for 7 days after surgery. Do not rinse or spit vigorously.

**BRUSHING:** Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

**HEALING:** Normal healing after tooth extraction should be as follows: The first three days after surgery are generally the most uncomfortable and there is usually some swelling. On the fourth day you should be more comfortable, the swelling should start to go down and you can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.**

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 the office where you had surgery. A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern. **PLEASE NOTE: Telephone calls for narcotic (pain medication) prescription renewals are ONLY accepted during office hours and must be picked up in person during office hours.**