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ORAL AND MAXILLOFACIAL SURGERY

GENERAL INSTRUCTIONS AFTER SURGERY

Extractions and Impactions

1a. BLEEDING - A certain amount of bleeding is expected, and the saliva may be blood tinged for 24-48 hours. Remove gauze when you reach home and if bleeding is persistent, it can be controlled by placing a piece of sterile gauze over the wound and biting on it for 20 minutes. Repeat if necessary. Do not rinse your mouth. It is important that the gauze be placed directly over the site where the tooth was removed and not over adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly.

1b. If bleeding persists after proceeding as above, examine the surgical site for an extruded clot. This is a mass of dark colored rubbery material which projects from the surgical site and may extend along the adjacent teeth. If this is present remove all of it by wiping the area with a piece of dry gauze. Proceed again as in part 1a.

2. SUTURES - If dissolvable sutures were placed. They will dissolve in 5-10 days. If removable sutures were placed, you will need to return to the office in 3-4 weeks to have them removed.

3. PAIN - **See Post Operative Pain & Medication Management Page attached**

4. SWELLING - Apply an ice bag to the face in the area of the surgery for periods of 20 minutes per hour for the first 36 post-surgical hours only. After 36 hours warm applications can be used at the same intervals. Swelling is not uncommon after surgery. It is usually maximal in about 24-48 hours and may last several days thereafter. Discoloration of the skin, of the face, and neck, may occur within 10 days following surgery and should be no cause for alarm.

5. MOUTH RINSE / HYGIENE - Do not rinse the mouth within 24 hours after surgery. After this time, use 1/2 teaspoon of table salt in glass of warm water or diluted mouthwash and rinse gently after meals for 2 weeks. Do not swish vigorously, as you may disturb the blood clot which is vital to healing. Continued proper oral hygiene is imperative. Normal care should be maintained, but the surgical area should be excluded from care involved when brushing, flossing, dental irrigation, appliances, etc. for 1 week.

6. DIET - Do not drink through a straw for drinking for the first 48 hours. Soft, bland, room temperature to cold foods, nothing hot, spicy, hard or crunchy is advisable for the first 24 hours. Good nutrition post-surgery is essential. NO alcoholic beverages for 48 hours.

7. ACTIVITY - For extraction of single tooth, limit exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding from extraction site. For extraction of multiple teeth and or wisdom teeth, normal activity typically resumes in 5-7 days.

8. FEVER - A low grade fever may occur following surgery and should be no cause for alarm.

9. IN CASE OF UNUSUAL PAIN, SWELLING, OR BLEEDING - Call the office promptly with any questions or concerns. When calling after hours, please listen to the voicemail to get the information for the doctor on call. Please keep your phone line free for a return call.

(513) 521-0110 Finneytown, (513) 755-3500 Liberty Township, (513) 771-4080 Springdale

10. SMOKING - Smoking within the first four days after surgery can delay healing.

11. DRIVING - Patients treated under a general anesthetic cannot drive for a 24-hour period.

CALL FOR

CALL FOR POST OP / IMPLANT EVALUATION

POST OP APPT. 5-10 DAYS

AS NEEDED

APPT. _____ WEEKS / MONTH

Post Operative Pain & Medication Management

Patients taking medications to relieve pain or other drugs that may slow reflexes should not operate machinery, cars, etc. while taking these drugs. Antibiotics should be taken as directed until the prescription runs out. If you were given a prescription for an antibiotic, it is very important that these be taken as directed until they are completely gone.

To decrease the number of narcotics our patients are being exposed to, we advise our patients to alternate Ibuprofen and Acetaminophen. Ibuprofen, Advil, and Motrin are all the same medication as are Acetaminophen and Tylenol.

We have our adult patients take 800 mg of Ibuprofen every 6 hours and 1000 mg of Acetaminophen in between doses of Ibuprofen. Patients are not to exceed 3200 mg in a 24-hour period of Ibuprofen or 3000 mg in a 24-hour period of Acetaminophen. Patients under the age of 12 should be given age and weight appropriate doses of Ibuprofen & Acetaminophen.

If you are unable to control pain with this regimen, we suggest adding the narcotic pain medication if one was prescribed. If you decide to take the narcotic, please stop taking the over-the counter Acetaminophen. Most narcotics already have Acetaminophen in them. However, you should continue the Ibuprofen as this will help with the pain management and inflammation.

While taking the narcotic pain medication, patients **cannot** drive, operate heavy machinery, or sign legal documents. Please be sure to eat before taking any medication.

If you are on a blood thinner (excluding aspirin) DO NOT take Ibuprofen.

Avoid alcoholic beverages.

If you have any questions, please do not hesitate to call.

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Prescriptions

Antibiotic: _____

Pain Medication: _____

Steroid: _____