

YAKIMA ORAL AND MAXILLOFACIAL SURGERY ASSOCIATES

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POST ORAL SURGERY INSTRUCTIONS

Now that your oral surgery is completed, follow these procedures to make yourself more comfortable, promote healing, and help prevent any possible complications.

FIRST HOURS: Keep gauze over surgical site using moderate biting pressure for 30-60 minutes. This procedure may need to be repeated several times during the first few hours to control oozing. Apply an ice bag to your cheek or jaw – 15 minutes on and 15 minutes off until bedtime.

SWELLING: Swelling from surgery is a common occurrence. Swelling will usually peak within 48-72 hours and then begin to go down. Ice packs for the first 48 hours help to reduce swelling.

FIRST DAY: After removing the gauze, it is important not to disturb the blood clot. Avoid vigorous rinsing of the mouth, drinking through a straw, eating or drinking hot foods, and strenuous activities. No smoking. No hard, crunchy food like chips, popcorn, nuts, seeds, etc. for two weeks.

DIET: Following general anesthesia, only sips of clear liquid should be taken for the first hour, then advance to fluids/soft foods as tolerated. A nutritionally balanced diet is very important. During the first 24 hours, eat soup and soft foods which can be easily chewed and swallowed. Meats, vegetables, and fresh fruit can be liquefied in a blender. Gradually progress to solid foods. Don't skip meals. If you take nourishment regularly, you'll feel better, gain strength, have less discomfort, and heal faster.

1ST WEEK: ANTI-INFLAMMATORIES (ADVIL, MOTRIN)

Your doctor may advise you to take anti-inflammatory medicine (ibuprofen 600mg 3x a day with food) during the first week alternating every 3 hours with your prescribed pain medicine.

DAY AFTER SURGERY (24 HOURS LATER): Dissolve ¼ teaspoon of salt in an 8 oz. glass of warm (not hot) water. Hold the water in your mouth and rinse gently. Rinse 3 or 4 times a day for 5 days. You should be brushing your teeth within 24 hours. If a mouth rinse has been prescribed for you, begin using it the night of the surgery, then follow the directions.

NAUSEA: Take 1 oz. of Coca-Cola every hour for 5 or 6 hours, then drink mild tea, clear broth, and soft foods before resuming your regular diet.

OOZING: A little bleeding or oozing is normal. Blood-tainted saliva is normal for up to 48 hours following surgery. If bleeding continues after you have removed the gauze, it can be controlled by pressure. Apply a new pad of gauze to the surgery site that is large enough to apply light pressure when the mouth is closed. Do this for about 20 minutes and repeat if necessary.

PERSISTENT BLEEDING: Locate bleeding site by first rinsing mouth with warm salt water. If a clot is visible outside the socket, use a dampened gauze to wipe clear. Reapply 2 or 3 gauze sponges directly over bleeding site and apply firm pressure. You may dampen the sponge in strong tea or use a tea bag in its place. If the bleeding continues to be bright red and profuse, call our office immediately.

DISCOLORATION: You may develop black and blue areas. They are the result of bleeding into the tissue and are of little significance. The removal of impacted teeth is quite different than the extraction of erupted teeth. The following conditions are not uncommon with the removal of impacted teeth:

If a lower tooth was removed, you may have numbness of the lower lip on the side from which the tooth was removed. This is almost always a temporary condition. It is not disfiguring, but just annoying. It may last from few days to a few months.

After removal, adjacent teeth may realign themselves slightly, causing some discomfort. Sores may develop at the corners of the mouth. These should be covered with mild ointment (Vaseline).

DIFFICULTY IN OPENING YOUR MOUTH: Your jaw may develop stiffness and you may experience difficulty with opening. This is a result of swelling around the muscles in the jaws. By exercising your jaw, opening wide and moving your lower jaw side to side, you will reduce or eliminate this problem. Begin exercising when the bleeding has stopped and you are no longer using gauze. Continue these exercises for 3 days.