

ORAL SURGERY HOMECARE INSTRUCTIONS

You have had a surgical operation in your mouth. Care of the mouth after surgery has an important effect on healing.

SWELLING, DISCOMFORT, AND RESTRICTED JAW FUNCTION ARE EXPECTED, so they need not cause alarm. These conditions may be minimized by following the instructions below. Please read them carefully.

CONTROL OF HEMORRHAGE:

Remove the gauze pack upon arriving home. Slight bleeding is expected and desirable. If bleeding is excessive, place a roll of moist sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with **CONSTANT PRESSURE**. Assume a semi-upright bed position, using 2 pillows. Spitting causes bleeding by suction at the wound. Avoid spitting. Do not use a drinking straw. Avoid excessive physical activity for 48 hours.

CONTROL OF PAIN AND INFECTION:

Ordinarily the use of over the counter ibuprofen (Advil, Motrin, etc) will adequately relieve pain when taken in doses of two table every four hours. Do not use **ASPIRIN** unless told otherwise by Dr. Rogers or your physician. If you have been given a prescription, have it filled and take as directed on the package. If you develop hives, a rash, or wheezing, discontinue all medication and contact our office.

Warning: Do not drive or operate mechanical equipment after taking pain medication and AVOID Alcohol.

CONTROL OF SWELLING:

Swelling to some extent follows nearly every tooth extraction. This swelling may be quite noticeable but it does not necessarily mean that there is an infection present. Ice packs are of value starting on the day of surgery (15 minutes on, 15 minutes off.) They should only be used the first 24 hours. After 24 hours, warm packs (15 minutes on, 15 minutes off) and warm baking soda water rinses will help decrease swelling. Use one teaspoon baking soda to one glass of warm water.

DIET:

A liquid diet is wise the day of surgery. Avoid hot liquids and hot food. Eat only cold or room temperature food. Then soft food (for example, ice cream, yogurt, pudding, scrambled eggs) is recommended for another 2 days. Increase your fluid intake. Resume your normal diet as soon as possible after three days but avoid hard food that will traumatize the area.

NAUSEA:

A small amount of a carbonated drink (i.e. 7-up, Coca-Cola or ginger ale) every hour for 5 or 6 hours will usually control nausea. Follow this with mild tea or clear soup, etc. If nausea continues, contact our office, the doctor can help you.

ORAL HYGIENE:

Do not rinse with anything in an effort to cleanse or freshen the mouth for 24 hours. The day following surgery, the mouth may be rinsed gently with warm water/baking soda solution (1 teaspoon of soda in a glass of warm water) after each meal and at bedtime. The teeth may be brushed the following day as well, but avoid the site of surgery.

Smokers are advised not to smoke for 24 hours after surgery.

Avoid over fatigue. Go to bed early at night and get adequate rest during the day.

If you have any questions or problems, please call Dr. Rogers at 528-6450.