



Post-op Oral Surgery Information & Instructions

Thank you for coming to our office for your oral surgery treatment. Your treatment continues at home until healing is complete.

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND CAREFULLY.

Things to expect:

Swelling: Mild swelling is normal following a surgical procedure in the mouth, including mild facial swelling. Inflammation around the extract site and cheek is part of normal healing and should reach its maximum within 48 hours and diminish thereafter.

Discomfort: the most uncomfortable period you will experience will be during period immediately after sensation returns to your mouth. Eat something soft (avoid biting your cheek or lip) and take your pain medications while still numb.

Bleeding: some bleeding or oozing for the first 12 to 24 hours is common. If it continues the following day--Please, contact us, we are available 24 hours a day!

Do:

Chill out: To minimize swelling use a cold pack or ice bag wrapped in a towel and apply firmly to face or cheek adjacent to the surgical area. Following surgery apply ice pack to the face, 20 minutes on, and 20 minutes off during the first 12 to 24 hours after surgery.

Diet: A well-balanced diet to ensure that you are getting nutrients important for proper healing. Let comfort dictate what you eat, but a liquid or soft diet is recommended for the first two to three days. Cold or luke warm dairy products or soups are best. Also, **Eat a milkshake (or two) with a spoon today** (That's right! Doctor's orders: the cold helps reduce the swelling and coats your stomach--narcotics and other pain medications can cause stomach discomfort which may include vomiting on an empty stomach).

Brushing: it is important to keep your teeth and mouth very clean while the extraction site is healing. Brush as many teeth as possible but avoid the area around the extraction site. Remember: no spitting.

Bleeding: For the first 24 hours a slight bleeding, oozing, or redness in the saliva is common so keep your head elevated when laying down. Bite on the gauze placed in your mouth, replace every 20 to 30 minutes for 2 hours. Keep your teeth together as much as possible. Saliva tinged with a few drops of blood may seem like a lot of red fluid, but it is completely normal. On the other hand, thick dark-red blood that continues to flow requires attention. If bleeding persists or becomes heavy you may **substitute a tea bag** (cooled after soaking in hot water, squeezed damp-dry and wrapped in moist gauze—and black tea bags are better). If bleeding remains uncontrolled, please call our office.

Pain: Mild to moderate pain during the first few days following surgery may occur. You have most likely been given a prescription for pain medication: please, take all medications as directed and remember it works best if taken while you are still numb. Be sure not to drive while taking pain medication. Thank you.

DO NOTS:

Do Not Smoke: tobacco products or drink any alcohol for the first 4 days.

Avoid any strenuous activity for 24 hours. This includes any activities which causes heavy breathing or elevating your heart rate. Most patients return to work the following day.

Avoid spitting or sucking on a straw.

Avoid mouth rinses for the first 4 to 5 days. After 4 days you may begin rinse your mouth with

warm salt water several times a day (one teaspoon of table salt).

Avoid chewing on your numb lips, tongue, and cheeks.

Do not eat hot, crunchy, or spicy foods until the extract site closes.

Do not play with the sutures or place your tongue, fingers, or objects in the extraction site.

Minimize talking.

Oral Conscious Sedation: If you were sedated with an oral sedative, triazolam (Halcion) or diazepam (Valium), you are considered legally intoxicated--DO NOT attempt to work or drive a vehicle for the remainder of the day that your surgical treatment was performed.

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Explanations:

If you are NOT allergic to ibuprofen or advil, use this dosage for reduction of post-op inflammation and pain management: OTC 200 mg ibuprofen take 4 tablets by mouth 3 times a day.

Caution: Percocet and Vicodin contain acetaminophen (Tylenol)!!

DO NOT exceed more than 4000 mg of acetaminophen (Tylenol) per day.