

The following Post-Operative conditions may occur in some patients while healing is progressing normally:

1. **Swelling** on one or both sides. After the removal of impacted teeth or trimming of the bone, swelling is often quite severe. It is most marked on the 2nd- 4th day, and begins to dissipate after the 4th-5th day.
2. **Numbness** (Paresthesia) around the lip, chin, and tongue can be normal for several hours following your procedure. If numbness persists for more than **24hrs**, please call our office, we may start you on a steroid and a follow-up appointment will be necessary. NOTE: prolong numbness is usually temporary but can take weeks-months to resolve. We will monitor your progress.
3. **Tightness of the muscles** (trismus) may cause difficulty in opening the mouth. Applications of moist or dry heat (heating pad at medium setting) on the face will help relax tension and bring relief. Your jaw may be stiff for a few weeks. Opening mouth exercises may be necessary if tightness persists. Use after 36 hrs. of procedure.
4. **Bruising of the skin** may occur a few days after the operation. Application of moist or dry heat (heating pad at medium setting) on the discoloration for 15 – 30 minutes 3 – 4 times daily will be comforting and will tend to speed up the fading process. Continue heat (medium setting) until bruising fades.
5. **Extraction Sites** (“holes”) may persist for several weeks.
6. **Bone fragments:** During the healing process, small sharp fragments of bone may loosen and work through the gum. These fragments, which are not roots, usually work out by themselves, but if annoying, return to the office for their removal (sometime the knots of the stiches can also feel sharp).
7. When intravenous anesthesia medication is given, you may experience tenderness, discoloration, or hardening of the vein at the site of the injection. If this should occur, elevate the area, apply warm moist heat and **call our office.**
8. If dissolvable stitches were placed, they will fall out (3 – 14 days) on their own and usually do not require removal.
9. Please keep in mind that it is reasonable to expect your normal activities to be disrupted following a surgical procedure for several days.
10. **A return appointment** is given if necessary. Otherwise you will only need to return to the office if problems develop.

Facial Spectrum, Inc. *Oral & Facial Surgical Care*

POST-OPERATIVE INSTRUCTIONS

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IF ANY PROBLEMS DEVELOP OR YOU HAVE ANY QUESTIONS, DO NOT HESITATE TO CALL OUR OFFICE, (816) 524-4334

POST- OPERATIVE INSTRUCTIONS

BLEEDING: Some bleeding and oozing is expected. The bleeding may appear greater since it is mixed with saliva. The gauze pack which was placed over the surgery site can be removed 30 minutes after surgery. If there is continued bleeding, lie down with your head elevated and place 1 – 2 gauze pads folded twice over the area. It is OK to moisten gauze pad with cool tap water prior to placement. Bite down firmly for 45 minutes without changing the gauze, talking or releasing the pressure. Repeat 2 – 3 times if necessary. The biggest **cause of persistent bleeding** following surgery is improper gauze placement. If bleeding continues, despite proper gauze placement, a moistened tea bag may be placed over the area and bite firmly. (It is rare that this is necessary if the gauze is placed properly.) Remember, slight oozing is anticipated for 1 – 2 days after surgery.

CARE OF THE MOUTH AND/OR EXTRACTION SITES (“HOLES”): For the first 24 hours, do not rinse your mouth, brush your teeth, and avoid forceful spitting. The use of straws are okay if fluids pass easily. **DO NOT SMOKE** for at least 72 hours. This may dislodge the blood clot and interrupt the normal course of healing. After the first 24 hours, resume brushing and rinsing gently with warm salt water (1/2 teaspoon of salt in an 8oz. glass of water). Rinse your mouth 4 – 6 times a day, especially after meals until the extraction sites (holes) have closed. If an antibacterial rinse has been prescribed (Periogard rinse), please use as directed on the bottle in addition to your salt water rinses. Start prescribed rinse after the first 24 hours, unless instructed otherwise. “Holes” from extractions may persist for several weeks. *See syringe instructions if provided.

DIET: On the day and the evening of surgery, eat cold/lukewarm soft foods and drink cold liquids. Hot foods and drinks cause bleeding. The use of straws are okay if fluids pass easily without excessive sucking. The morning after surgery, there are no restrictions on the types of food that you may eat. Follow your natural inclination as to diet. Remember to drink plenty of fluids. **DO NOT DRINK ALCOHOL** for 24 hours or while taking pain medications.

NAUSEA: Nausea may accompany the discomfort during the initial post-operative period. Small sips of tea, 7-Up, ginger ale or a few soda crackers may help. Avoid taking pain pills on an empty stomach. Avoid milk products if nauseous. Should nausea persist, please call the office.

PAIN: Discomfort (or severe pain after any difficult or prolonged surgery) should be expected. **NOTE:** pain medication will minimize, but not completely take away the pain. Medication will be prescribed to make you more comfortable. The 3rd and 4th day may be your worse days for pain and swelling. Remember when taking pain medication it can take up to an hour to take effect and may only last 3–4 hours. **It is, therefore, important to try to keep ahead of the anticipated pain by taking medications as directed.** Try to take pain medication with food, or at least 8-10 ounces of fluids. **Nausea can result if pain medications are taken on an empty stomach.** Ibuprofen will be your baseline pain medication. Take prescription ibuprofen as directed or take two to three 200 mg tablets, four times daily. If pain occurs between ibuprofen doses you can take **regular strength** Tylenol (acetaminophen), two pills of the 325mg 3-4 times daily. If you are still having pain, then take the narcotic pain medication. **REMEMBER:** narcotic pain medication has Tylenol (acetaminophen) in it. **DO NOT EXCEED 3500 mg of Tylenol (acetaminophen) in 24 hours.** If questions, give us a call.

DRY SOCKET is the premature loss of the blood clot from the extraction socket usually 3 – 6 days following the removal of a tooth. The incidence of a dry socket varies from 10 – 50%. The classic symptom is a dull throbbing increase in jaw pain that is not relieved by the pain medication. If this occurs, please call the office.

SWELLING/SORNESS: Swelling will be greatest 2-4 days after surgery, then the swelling will begin to subside. For the first 24 – 36 hours, place an ice bag over the surgical area at interval of 30 minutes on, 30 minutes off. After 36 hours, moist or dry heat (heating pad at medium setting) should be used. Keep your head elevated with a couple of pillows until the swelling resolves. It may take 7 – 10 days for the swelling and/or bruising to fade completely.

DENTURE PATIENTS: If **immediate dentures** have been placed, do not remove them for 24 hours. After 24 hours take dentures out and rinse with salt water (1/2 teaspoon of salt in an 8 oz. glass of water) 4 – 6 times a day. If an antibacterial rinse has been prescribed (Tech 2000, Periogard, or Peridex), please use as directed on the bottle in addition to your salt water rinses. Start prescribed rinse after the first 24 hours, unless instructed otherwise. Replace denture after each time you rinse. You will probably have a follow-up appointment with your dentist in 1 – 3 days following the surgery. Contact your dentist to schedule an appointment.

****We recommend no strenuous activity for at least one week following surgery.****