

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 complications.

1. The area operated on will swell.
2. The swelling will reach its peak about 48 hours after surgery.
3. Trismus (tightness) of the muscles may cause difficulty in opening the mouth.
4. You may have a slight earache.
5. A sore throat may develop.
6. Numbness about the corner of the mouth on the side from which the tooth was removed may develop. This is called "paresthesia" which is usually a temporary condition and will correct itself. It may persist for a few days to several months.
7. Your other teeth may ache temporarily. We refer to this as "sympathetic" pain and it is a temporary condition.
8. If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with a cream or ointment.
9. There will be a cavity where the tooth was removed. This will eventually fill in with new tissue. Black and blue discoloration may occur on the outside of the face near the area of surgery. This is not unusual and will disappear within several days.
10. There may be a slight elevation in temperature for 24 to 48 hours. If this continues, notify us.
11. During the healing process small, sharp fragments of bone may loosen and work through the gums. These fragments, which are not roots, usually work out on their own accord, but if they are annoying, return to the office for an examination.

FOR BLEEDING

1. **Do not** remove the gauze from your mouth for at least **60 minutes**.
When you get home, wash your hands and remove the gauze. Check for bleeding. A little bleeding or oozing is normal. This bleeding can be controlled by applying to the wound area a roll of gauze and biting down on it for about 30 minutes. Repeat if necessary until all gauze is finished.
2. If bleeding continues after biting on the gauze, you should take a tea bag and moisten it (i.e. Moisten so that when pressure is applied a small amount of fluid is produced.) Place this tea bag over the extraction site and apply pressure for sixty minutes. Blood stained saliva may be noted for up to 24 hours. This is normal.
3. Sleep in a semi-elevated position. Do not sleep flat.
4. No rinsing of the mouth, no spitting, drinking through a straw, or smoking for 12 hours. This can delay healing and produce complications.
5. Do not disturb the blood clot. It is greyish or yellowish in appearance and its slight odor does not indicate an infected condition.
6. Keep your tongue as well as fingers, tooth picks and other matter that may cause infection away from the surgical sites.
7. Avoid aspirin.

FOR SWELLING

1. Apply ice packs to your face at the surgery site for 30 minutes on - 30 minutes off for 48 hours.
2. After 48 hours, apply heat to your face at the surgery site, 30 minutes on - 30 minutes off for the next 48 hours. If infectious swelling was present at the time of extraction, use no ice, but use heat immediately for 1 day.
3. After 24 hours, rinse with warm salt water four times a day and after every meal (1/2-1 tsp. salt/8oz. water). Rinse gently so as not to stimulate bleeding by breaking clots which have formed.
4. After 24 hours, brush teeth as you would normally, avoiding the surgical area.

DIET

1. To help heal after your surgery, it is important to maintain good nutrition. The following is recommended.
TODAY: Cool liquids and very soft foods (i.e. ice cream, cottage cheese, applesauce, yogurt, pudding and milk shakes).
TOMORROW: Soft foods, cool or warm, and liquids (i.e. soup, oatmeal, cream of wheat, eggs, noodles, rice and mashed potatoes).
THIRD DAY: Slowly resume regular diet as tolerated over next few days.
2. Take your medication as directed, preferably not on an empty stomach to avoid nausea.
3. Take your pain medication before the numbness wears off to give it time to be effective. -- Take with food --see diet above.
4. Follow all above instructions closely and if any complications arise, please notify us at once.
5. Please call our office for a post-op appointment/or return _____ at _____.

IN CASE OF EMERGENCY, UNUSUAL BLEEDING OR SWELLING, CALL: 244-9044 AND ASK FOR DR.TAUBERG