

Blue Valley Cosmetic and Family Dentistry

Post-Operative Instructions

Please read the following instructions carefully. The after-effects of oral surgery are quite variable, so not all of these instructions may apply to you. At a minimum, you must control bleeding, provide for good nutrition, maintain adequate pain control, and provide proper oral hygiene/wound care.

CONTROL OF BLEEDING

Bleeding after surgery may continue for several hours. Bite down firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not controlled. If active bleeding persists after one hour, place enough gauze to obtain pressure over the surgical site for another 30-60 minutes. The gauze may be changed as necessary and may be dampened and/or fluffed for more comfortable positioning.

Intermittent bleeding or oozing is normal. It is typical for bleeding to continue for a few hours after simple extractions and for several (6-10) hours after more complex surgery, such as, removal of impacted teeth. Placing fresh gauze over the surgical areas and biting down firmly for 30-60 minutes may control it. Maintaining the head in an elevated position (use of a recliner or several pillows) will also help to reduce bleeding and swelling. Bleeding should never be severe. If it is, it usually means the packs are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning fresh packs. If the bleeding persists or becomes heavy, you may substitute a tea bag (soaked in warm water, squeezed damp-dry, and wrapped in a moist gauze) for 20-30 minutes. If bleeding remains uncontrolled, please call our office (913) 338-3443.

HYGIENE CARE

Do not disturb the surgical area today. DO NOT RINSE vigorously or probe the area with any objects or your fingers.

You may brush your teeth gently. DO NOT SMOKE for at least 48 hours, since it is very detrimental to healing.

Keeping your mouth clean after surgery is essential. 24 hours after the procedure, you can begin to rinse with the warm salt water (1 teaspoon in an 8 oz. glass of warm water) or we may prescribe an antibiotic rinse (Chlorhexadine, Periogard, Peridex) for certain procedures. The antibiotic rinse should be used in the morning and at bedtime after routine mouth care (gentle brushing). Do not eat or drink for 30 minutes after using the antibiotic rinse.

SWELLING

Often there is some swelling associated with oral surgery that will reach its peak in around 48-72 hours and can take 7-10 days to resolve. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to the face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 12-24 hours after surgery. If you have been prescribed medicine for the control of swelling; be sure to take it as prescribed.

FEVER

A slight fever is not uncommon the first few days surgery (temperature to 100.5F). If you have a high fever or fever persists, please call our office(913) 338-3443.

OPERATING A MOTOR VEHICLE

Please do not operate any machinery or a motor vehicle for 24 hours after sedation or if you are taking any prescribed narcotic for pain (oxycodone, hydrocodone, Tylenol with Codeine). Also, do not consume any alcohol for 24 hours after IV sedation or while taking any prescription pain medications.

SUTURES

Sutures (or “stitches”) may be placed to re-approximate the tissue and help control bleeding. These sutures are usually dissolvable and do not need to be removed.

PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you have no history of allergy to non-steroidal anti-inflammatory medications like ibuprofen (Motrin/Advil) we recommend taking this prior to the local anesthetic wearing off. If pain is more severe, narcotic pain medication may be needed. ***You cannot take the narcotic along with the ibuprofen; therefore you should alternate them every three hours.*** Beware of narcotic pain medicine as it may cause upset stomach, which may include nausea, vomiting or constipation.

DIET

On the day of surgery, we ask that you avoid hot foods that prolong bleeding. Cold, soft foods (such as ice cream, milk shakes, puddings, and yogurt) are ideal. Over the next several days you can progress to solid foods at your own pace. It is important not to skip meals. Avoid foods like nuts, sunflower seeds, popcorn, grits, rice, etc., which may get lodged in socket areas. If you are diabetic, maintain your normal eating habits as much as possible, and follow our instructions or those from our physician regarding your insulin schedule.

SHARP EDGES

If you feel sharp edges in the surgical areas, it is most likely the bony walls that originally supported your teeth. Occasionally, small slivers of bone may work themselves out during the first week or two following surgery. They are not pieces of tooth, but if necessary we can remove them if causing discomfort.

SINUS PRECAUTIONS

Some procedures in the back part of the upper jaw may involve entry into the sinus cavity. If you are advised of this, please follow these precautions for the first 10 days after surgery. Do not blow your nose vigorously or hold any sneezes. Flying in a pressurized aircraft may also increase sinus pressure and should be avoided. Decongestants such as Actifed and Sudafed will help reduce pressure in the sinuses. You may also be given a prescription for antibiotics. Please take these as directed.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have any questions about your progress please call the office at 913.338.3443.