

ORAL SURGERY & MAXILLOFACIAL SURGERY POST OPERATIVE INSTRUCTIONS

1. MOUTH RINSE

The day after your surgery, use a solution of ½ teaspoon of salt in a glass of water at least (3) times a day, or more frequently, to freshen your mouth. Resume brushing of remaining teeth day after your surgery. However, avoid brushing teeth near the **extraction sites**.

2. BLEEDING

Oozing may occur for several days. Spitting, use of straws and smoking may provoke oozing and are not advisable. If bleeding is more than slight, follow these instructions:

- 1) Remove all excess blood clots in the area with a piece of gauze.
- 2) Apply pressure by biting down on several pieces of gauze placed over the bleeding area; hold the pack in place firmly for 30 minutes.
- 3) Repeat this procedure as necessary
- 4) If bleeding continues, bite down on a moistened tea bag for 30 minutes.
- 5) Call the office if the bleeding persists.

3. PAIN

The soreness that is normally expected is usually in proportion to the surgery involved. Noncompliance or inability to take the medications as directed is the most likely causes of pain. **TAKE YOUR MEDICATIONS AS DIRECTED.** Please call the office if pain progressively worsens and/or continues.

4. SWELLING

Swelling is the normal process of healing and it's usually in proportion to the surgery involved. Swelling should be greatest the 2nd and 3rd day following to the surgery and slowly recedes over 1-1 ½ weeks. Immediate use of ice or cold packs on the face for 20 minutes on 20 minutes off throughout the day for 2 days may minimize the swelling. Prolonged use is of no value.

5. DISCOLORATION

You may develop black and blue tissue areas. These are not bruises. They are the result of bleeding into the tissue and are of little significance. No treatment is needed.

6. NAUSEA AND VOMITING

Swallowing of blood and pain medications are perhaps the most common causes of nausea and vomiting. The following may help:

- 1) Gently rinse your mouth of blood; this will freshen your mouth and removes any blood that may be swallowed.
- 2) Control all bleeding as outlined under **bleeding** (see above).
- 3) Oral medications are tolerated more successfully if taken with foods; this dilutes any irritant effect on the stomach. A bland diet prior to taking your medications may help.
- 4) If nausea or vomiting continues, advise your doctor.

7. FAINTNESS

Oral medications are perhaps the most common cause of feeling faint. Other causes include poor dietary intake and mild anemia from blood loss during surgery. Resume a normal diet as soon as possible. Stopping your pain medications as soon as possible and bed rest will help.

8. INABILITY TO OPEN YOUR JAW

This condition is common and should be expected following the removal of impacted or buried teeth. This may last from several days to several weeks. Warm packs and jaw opening exercises may help.

9. LIP CRACKING AND SORENESS

This condition is not uncommon with the removal of certain teeth. Moistening of the lips with a mild ointment, such as Vaseline, may help.

10. NUMBNESS AFTER ONE WEEK

If you experience numbness of your lip, cheek or tongue beyond one week, it is possible that the dental nerve that supplies feeling to these structures may have been irritated or bruised. This is almost always temporary condition. It is not disfiguring, but just annoying. It may last from a few days to several months. Be careful when chewing to prevent injuries to your lip, cheek or tongue. If numbness persists after one week, and office visit is in order for evaluation.