



## Surgical Postoperative Instructions:

### Bleeding:

- Bite firmly on the gauze packs for 30-60 minutes.
- Avoid speaking or moving the jaw while gauze packs are in place.
- Try not to spit as this may increase bleeding.
- Gauze packs may need to be replaced several times to control bleeding.
- Do not be concerned about small amounts of blood or the taste of blood in your mouth for 2-3 days.
- Blood may enter the skin of the face (and even neck or chest) causing discoloration of the skin similar to a bruise. This discoloration may last several weeks.

### Pain Medication:

- Some pain is normal after surgery. Use pain medication as discussed or prescribed. Medication should reduce pain, but may not totally eliminate pain.
- Do not take pain medications and drink alcoholic beverages.
- Take pain medications with food or milk to help prevent nausea or indigestion.
- Try to stop taking narcotic medications as soon as possible.

### Swelling:

- Swelling usually develops over 1-2 days following surgery, and then resolves over the next 3-5 days.
- An ice pack or similar product will help reduce swelling. Apply it to your face or jaw for 20 minutes, then remove for 10 minutes. Repeat this for 6 or more hours after surgery.

### Eating:

- Eating at normal times is extremely important for good healing and fast recovery. Swelling and pain makes eating more difficult.
- Drink plenty of liquids. Do not use a straw.
- Do not eat solid foods until the “numbness” is gone. Chew mashed or soft foods in areas of your mouth that are not sore.
- Gradually eat regular food as tolerated. Avoid popcorn for several weeks.

### Oral Hygiene:

- Starting the day after surgery, brush and floss as normal as possible.
- Rinse the mouth with salt water (one level teaspoon salt to 8oz water) after each meal until the surgery areas can be brushed.
- Avoid mouthwash which may delay healing.

### Activity:

- Sleep or rest the day of surgery.
- The day after surgery, get up out of bed and get dressed. Try to get back into your normal routine as much as possible.
- After several days, you may ease gradually into strenuous activity (i.e. aerobics, sports, heavy lifting, etc.).
- Avoid smoking for several days.

### Sleeping:

- Except for the day of surgery, sleeping at your normal sleeping time is very important.
- If you stay in bed or sleep much more than normal, you may interfere with your sleep cycle. This results in a restless type of sleep.
- Taking pain medication at bedtime for several days after the surgery may help you sleep better.

### Stomach Upset/Nausea:

- Nausea is usually caused by blood in the stomach or narcotics (used in pain medication, sedatives, and anesthetics)
- Taking pain medication with food or milk will help prevent nausea.
- Carbonated beverages (7-up, Coke, etc.) will usually decrease or eliminate nausea.

### Driving/Use of Machinery:

- Do not drive, consume alcoholic beverages, use dangerous tools, and make important decisions for at least 4 hours after taking narcotic pain medication.
- These restrictions also apply to the entire day of surgery if intravenous or general anesthesia was used.

### Complications:

Nausea, vomiting, periodic bleeding, severe pain of dry socket (delayed healing), body muscle soreness, and tenderness in the vein used for your intravenous injection are symptoms that may follow surgery.

Should any of these become persistent and a cause for concern, please **contact this office at 348-3400**.

*If calling after hours your call will be forwarded to the doctor on call.*

### When to call the Doctor:

- The pain becomes more severe on the day after surgery or can't be controlled with pain medication.
- Bleeding becomes hard to control or comes in spurts.
- You have a fever or chills.
- Swelling around the extraction site worsens.
- You have itching, a rash, or other symptoms that may be due to allergic reaction to your medication.
- You have persistent nausea or vomiting.