

POST-OPERATIVE INSTRUCTIONS

*****PLEASE READ BOTH SIDES OF THESE INSTRUCTIONS CAREFULLY*****

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call Dr. Walker for clarification. His number is **(317)379-4328**

THE FIRST AND SECOND DAYS FOLLOWING SURGERY

FIRST HOUR: Bite down gently but 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 30 minutes unless the bleeding is not controlled. The packs may be gently removed after 30 minutes. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. It is best to moisten the gauze with tap water and loosely fluff for more comfortable positioning.

EXERCISE CARE: Do not disturb the surgical area today. Do **NOT** rinse vigorously or probe the area with any objects. You may brush your teeth gently. **PLEASE DO NOT SMOKE** for at least 72 hours, since this is very detrimental to healing and may cause dry socket.

OOZING: Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh moistened gauze over the areas and biting on the gauze for 30-45 minutes.

PERSISTENT BLEEDING: Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy you may substitute a tea bag (soak in hot water, squeezed damp-dry and wrapped in a moist gauze) for 20-30 minutes. If Bleeding remains uncontrolled, Please call our office.

Swelling: Swelling is often associated with oral surgery. It can be minimized by using cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

PAIN: Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.** Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, it reduces the chance of nausea. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement each pain pill with

an analgesic such as ibuprofen. Remember that the most severe pain is usually within six hours after the local anesthetic wears off after that your need for medicine should lessen. As an alternative to prescription pain medication, 800mg of Ibuprofen every 8 hours is often sufficient.

NAUSEA: Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by eating or drinking a large volume of water before taking pain medication. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better. Classic Sprite/Ginger Ale may help with the nausea.

DIET: Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Do not use a straw for the first few days after surgery. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc). It is best to avoid foods like nut's sunflower seeds, popcorn, etc. These may get lodged in the socket areas. Over the next several days you may gradually progress to solid foods. It is important not to skip meals. If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

SHARP EDGES: If you feel something hard or sharp in the surgical areas, it is likely you are feeling the bony walls which once were supported by the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

INSTRUCTIONS FOR THE THIRD AND FOURTH DAYS

MOUTH RINSES: Keeping your mouth clean after is essential. Use ¼ teaspoon of salt dissolved in an 8 oz glass of warm water and gently rinse with portions of the solution, taking 5 minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.

HOT APPLICATIONS: You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, or heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

HEALING: Normal healing after an extraction should be as follows: First three days are generally the most uncomfortable and there is usually some swelling. On the fourth day, you should be more comfortable and, although still swollen, can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.** If

you don't see continued improvement, please call our office. If you were given a plastic irrigation syringe: **DO NOT USE IT FOR THE FIRST SEVEN DAYS.** Then use it daily according to the instructions until you are certain the tooth socket has closed completely and that there is no chance of any food particles lodging in the socket.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office where you had surgery. Calling during office hours will afford a faster response to your question or concern.

****Please note, that in cases where IV Anesthesia was administered. The patient is not to operate a motor vehicle within 24 hours following surgery. Similar precautions should be taken with the use of prescription pain medication.**