

POSTSURGICAL INSTRUCTIONS

SWELLING

This is normal. It should reach it's maximum in 48 hours. Mild bruising may accompany this. It is usually in proportion to the surgery involved. It can be minimized by immediate use of ice or cold packs applied to the face over the surgical site. Place the pack on the face for 15 minutes then remove for 5 minutes. Repeat this procedure for 8-12 hours. On the second day after the surgery, applying heat can speed the reduction of swelling.

DISCOMFORT

The most discomfort you will experience will be during the period immediately after the sensation returns to your mouth. Occasionally numbness of the lower lip or tongue occurs. This is usually a temporary condition. **It is not disfiguring just annoying.** Following surgery the remaining teeth may realign themselves causing some temporary discomfort. Irritation may develop in the corners of your mouth. For your comfort these can be covered with a mild ointment.

HEMORRHAGE

Some bleeding or oozing for the first 24-36 hours is common. Keep your head well elevated the first 24 hours. Bite on the gauze placed in your mouth at the end of the procedure for 2 hours. If there is bleeding with the gauze in place, remove gauze and blood clot. Place a new dampened gauze over the bleeding area and firmly hold it in place for 30 minutes so no blood escapes. Repeat this procedure several times. If bleeding persists bite on a tea bag for 30 minutes.

IMPACTED TEETH

- * Common conditions are difficulty opening your mouth, pain when swallowing, earache on the side of surgery, bruising of the face and neck, or dry sockets.
- * Occasional numbness of the lower lip or tongue. This is usually a temporary condition.
- * Following surgery the remaining teeth may realign themselves causing some temporary discomfort.
- * Irritation may develop in the corners of your mouth. For your comfort these can be covered with a mild ointment.

THINGS TO DO

DIET

After waiting 1 hour you should be able to take fluids by mouth. A cold liquid diet is desirable for the first day. This includes soups, juices, milk, etc. An adequate fluid intake of at least 2 quarts a day is essential. After the first day a soft diet is recommended until it is comfortable to chew regular food.

MEDICATIONS

It is essential to take all medications as directed. They will help control pain and prevent infection. Please be sure to take pain medications with food.

WOMEN

Some antibiotic medications can reduce the effectiveness of birth control pills. Until your next menstrual period, additional birth control precautions should be taken.

MOUTH RINSE

Do not rinse on the day of the surgery. After 24 hours rinse with warm salt water (1 tsp salt to an 8 ounce glass of water) following meals.

ORAL HYGIENE

After the first day it is important to floss and brush thoroughly.

THINGS TO AVOID

ORAL ACTIVITY

Avoid smoking, spitting or drinking with a straw for the first 24 hours after surgery. These tend to dislodge the blood clot which causes additional bleeding and increased pain.

HEAT

Do not apply heat to the face during the first 24 hours. This will increase swelling.

PHYSICAL ACTIVITY

Avoid strenuous physical activity for 24 hours. This includes activity in which one becomes winded, as this may cause a renewal of bleeding.

YOUR COMFORT

If you experience more discomfort than anticipated, please contact us at

503.889.8632