

Post Operative Instructions After surgery:

In case of an emergency, if you experience difficulty breathing or swallowing, immediately call 911 for assistance.

Please read through the following instructions some may be applicable some may not be applicable to you.

Post Operative Instructions After Surgery:

Immediately Following Surgery:

- 1. Keep the gauze pad over the surgical area in place for a half hour. After that, remove and discard it and repack as necessary.**
- 2. FOR 24 HRS POST SURGERY: DO NOT RINSE/NO SUCK THROUGH STRAW/NO SPITTING**
- 3. Avoid activities that can dislodge the clot and cause bleeding, including touching the surgical site and vigorously rinsing your mouth.**
- 4. As the local anesthetic wears off, you will begin to feel discomfort. Take your prescribed pain medication right away, easy to control pain before it starts.**
- 5. Restrict your activities the entire day of surgery. Resume normal activity when you feel comfortable, typically after 72 hours.**
- 6. Place ice packs on the outside of your face where surgery was performed to control swelling and pain (good for 24 hrs)**
- 7. Do Not Pull (retract) your lip cheek to visualize the surgical site this may cause tension on sutures and lead to premature loss of sutures.**
- 8. Take all medication after surgery as directed unless modified otherwise. Diabetics please be cautious and eat food or drink fluids before resuming diabetic medication (prevent low blood sugar)**

Bleeding

Slight bleeding– After surgery, slight bleeding, oozing, or redness in your saliva is common.

Excessive bleeding– Blood-tinged saliva may create the appearance of a lot of bleeding but is no cause for concern. If you experience quantities of dark blood, this needs attention. Gently rinse or wipe any old clots from your mouth. Place a gauze pad over the area and bite firmly for 30 minutes. Repeat if necessary. If bleeding persists, bite on a moistened tea bag for 30 minutes. Tea contains tannic acid, which contracts bleeding vessels and helps form a clot. You can further minimize bleeding by sitting upright, avoiding over-excitement, and avoiding exercise. If excessive bleeding persists, call our office.

Swelling

Swelling is usually proportionate to the surgery involved. Swelling is a normal body's reaction to surgery; it is normal body's inflammatory response. It could be diffused around mouth, cheeks, eyes, and sides of your face. Typically swelling starts or becomes noticeable the day after surgery and reaches its maximum two to three days post-operatively.

After surgery, minimize swelling immediately using ice packs. Two plastic sandwich bags filled with ice, or ice packs, should be applied to the sides of the face where surgery was performed. Cold compress for 15 minutes on to face and 15 minutes off for 6-7 hrs during day, use ice packs continuously while you are awake. After 36 hours, ice has no benefit. If swelling or jaw stiffness persists for several days, it is a normal reaction to surgery. Instead of ice packs, start applying moist heat to the sides of the face to reduce swelling. Call the office for a follow-up appointment if need to be seen sooner than one scheduled.

Pain:

Moderate pain – Take one or two tablets of Tylenol or Extra Strength Tylenol may be taken every three to four hours or take two to four 200 mg tablets of ibuprofen (Motrin or Advil) every three to four hours.

Severe pain– Take the prescribed medication as directed. It will make you drowsy, so avoid driving a vehicle or operating machinery. Avoid alcoholic beverages. Pain or discomfort should improve each day. If it persists, call our office.

Dry socket– This occurs when the blood clot is prematurely dislodged from the tooth socket. Sudden severe pain at the surgical site and even in your ear may occur two to three days after surgery. Call our office if this occurs.

Diet: After general anesthesia or I.V. sedation, drink plenty of liquids directly from the glass. Liquids will prevent dehydration. Drink at least five to six glasses of liquid daily Avoid using a straw as the sucking motion can dislodge the blood clot and cause the surgical site to bleed. If bleeding restarts 48 hrs post-surgery call office ASAP.

You may start with soft food but chew away from the surgical sites. Consume high-calorie, high-protein liquids or soft foods. Stay nourished and compensate for your limited food intake by drinking plenty of fluids. Proper nourishment will help you feel better, have more strength and less discomfort, and heal faster.

Oral Hygiene: FOR 24 HRS POST SURGERY: DO NOT RINSE/NO SUCK THROUGH STRAW/NO SPITTING

Don't rinse your mouth until the day following surgery (24 hours after surgery). You can brush your teeth during the night of surgery. The day after surgery, mix a teaspoon of salt with a cup of warm water. Rinse at least five to six times daily, especially after eating and using prescription Medicated mouth wash Peridex as directed by your doctor

Bruising

Bruising can result in skin discoloration as blood spreads beneath the tissues. This is normal and may occur for two to three days after surgery. Apply moist heat to help remove discoloration. It will eventually fade and will change colors and your skin will return to normal color.

Antibiotics: Take the tablets or liquid as directed to help prevent infection. Discontinue if you develop a rash or have an adverse reaction. Call our office if you have any questions. If in case of emergency like unable to swallow / Breath/ swelling of tongue/ lip and cheek report to nearest emergency room ASAP.

Nausea and Vomiting

If you experience nausea or vomiting after surgery, do not take anything by mouth, including your prescribed medication, for at least an hour. Slowly sip on cola, tea, or ginger ale over a 15-minute period. When nausea subsides, you can eat and take the prescribed medicine.

Surgical Site

Sutures– Sutures (stitches) at the surgical site minimize post-operative bleeding and promote healing. If they become dislodged, remove and discard them. Otherwise, the sutures will be removed approximately one week after surgery. There is no discomfort associated with removing them, so no anesthesia or needles are needed to remove them.

Surgical site– There will be a visible hole, where the tooth was removed. It will gradually heal and fill in with new tissue over the next month. Meanwhile, keep it clean, especially after meals. Use salt-water rinses or a toothbrush. **We will (Only if indicated) provide you with monojet syringe to rinse and keep the surgical site clean with instructions to use the syringe.**

Numbness– If you experience numbness in your lip, chin, or tongue, don't be alarmed. This is normal and usually temporary. Be careful to avoid biting your lips, cheeks, or tongue.

Mild fever– A mild fever immediately following surgery is not uncommon. If it persists, take Tylenol or ibuprofen to reduce the fever.

Dizziness– Be careful when standing up from the lying down position. Your lack of nourishment before and after surgery can make you dizzy and so can pain medication. Before standing, sit for one minute.

Dryness – The corners of your mouth are often retracted and stretched during surgery. Keep your lips moist with an ointment or with OTC antibacterial cream.

Sore throat– Swollen muscles can cause a sore throat or pain when swallowing. This will subside in two to three days.

Stiff jaw muscles– For a few days after surgery, it may be difficult to open your mouth. This is normal post-operative stiffness that will resolve in time.

Exercise– Avoid exercise the day of surgery and do not exercise for 42-72 hours. Exercise may dislodge the blood clot, weaken you, or cause dizziness. Resume exercise as directed by your doctor.

Sinus Precautions: You have either developed a communication between the maxillary sinus and your tooth socket or are at a high risk of developing one. We want to be certain that the tissues heal and that communication does not become permanent. For this reason, we are recommending:

___ Do not smoke. Any smoking dramatically reduces wound healing and will make the process extremely difficult.

___ Avoid blowing your nose during the next four weeks and avoid any activity that increases pressure in your sinuses such as exercise or bending over/straining/sneezing. If you have to sneeze, do so with your mouth open. It is also important to avoid straws or suction.

___ If your nose becomes very stuffy, you may use saline nasal spray twice a day for the next two weeks. This may be purchased at any pharmacy.

___ Be sure to take the antibiotics we prescribed until they are gone.

___ We strongly recommend Sudafed or Dimetapp for at least the next two weeks to reduce sinus congestion. A non-drowsy variety is recommended.

___ Do not rinse your mouth too aggressively during these two weeks. Rinse gently. You can expect that there will be some bleeding from your nose as well as from your mouth for the next week. It is also possible that between the 7th and 14th day you may get a brief period of bleeding from the nose. This should take care of itself and require no treatment.

____If you continue to get a feeling of water getting into your nose when you take a drink during the next few weeks, please call our office at **570-884-8321**

List of soft foods: Soft Foods To Eat After Dental Surgery/ Use spoon avoid using straws.			
1. Applesauce	12. Cookies – soaked in milk	28. Meatballs	39. Sherbet
2. Avocado, Mashed potatoes	13. Custard, Waffles – can be soaked	29. Meatloaf, Salmon	40. Smoothies – avoid including nuts, seeds, or ice
3. Baby food	14. Deli meats	30. Milkshakes	41. Soups
4. Baked beans	15. Eggs, Macaroni and cheese	31. Mousse	42. Spaghetti
5. Bananas	16. Fish	32. Oatmeal	43. Sweetbreads
6. Biscuits – soaked or soft biscuits only	17. Greek yogurt, Cottage cheese	33. Mashed potatoes	44. Tapioca
7. Bread – soaking in a soup can make for a delicious, filling snack	18. Ground chicken	34. Pudding, Rice	45. Tea
8. Broth – warm, not hot	19. Hummus	35. Pumpkin	46. Tofu
9. Cheesecake	20. Ice cream		47. Vegetables
10. Clams	21. Jello, Juice	37. Risotto	48. Waffles – soaked
11. Cold cereal soaked until soft	22. Mashed vegetables	38. Sherbet	

Name of the escort _____ Signature_____