

Post-operative Instructions

PALM VALLEY ORAL & MAXILLOFACIAL SURGERY WISDOM TEETH POST-OPERATIVE INSTRUCTIONS

Not all of these side effects may pertain to you. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office for clarification.

Please do not contact your dentist, family physician or the emergency room before speaking with someone at our office or Dr. Blazic directly.

Monday, Tuesday, Thursday	7am – 4pm	623-935-5774
Wednesday	7am – 5pm	623-935-5774
Friday	7am – 3pm	623-935-5774
Evenings/weekends		623-341-8011

DAY OF SURGERY

FIRST HOUR: Bite down gently, but not firmly, on the gauze packs that have been placed over the surgical areas. Make sure they are in place. Do not change them for the first hour. If active bleeding persists, place new gauze and change as necessary (typically every 30 to 45 minutes). It is best to moisten the gauze with tap water and loosely fluff for more comfortable fitting.

CARING FOR EXTRACTION SITE

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 (3 days). This is very detrimental to healing and may cause a dry socket.

OOZING

Intermittent bleeding or oozing overnight is normal. Placing fresh gauze over the area (s) and biting on the gauze for 30-45 minutes at a time may control bleeding.

PERSISTENT BLEEDING

Bleeding should never be severe. If so, it usually means that the gauze packs are being clenched between the teeth, but are not exerting pressure on the surgical areas. Try repositioning the gauze packs. If bleeding persists or becomes heavy, you

may substitute gauze with a tea bag, soaked in very hot water, squeezed dry but damp and wrapped in moist gauze. Gently bite down on the tea bag for 20-30 minutes. If bleeding remains uncontrolled, please contact our office.

SWELLING

You can reduce possible swelling by applying an ice pack to your face. Intermittent application is most effective (20 minutes on and 20 minutes off). Keep your head elevated above chest level during the first two days and nights after surgery.

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 pain pill before the local anesthetic has worn off, you should be able to manage any discomfort.** Some patients find that stronger pain medication can cause nausea, but eating a small amount of food prior to each pain pill can reduce chances of nausea. The effects of pain medication can vary widely among individuals. You may require two pain pills at a time to manage your pain. Remember, the most severe pain is usually within six hours after the local anesthetic has worn off. After that, your need for medications should decrease. **DO NOT TAKE ANY OVER-THE-COUNTER ANALGESICS** to supplement your pain pills without consulting with US first.

****If you find you are taking larger amounts of pain medication at frequent intervals, please contact our office. If you anticipate needing more prescription pain medication for the weekend, you must call the office for a refill during weekday business hours.**

MEDICATION

Be sure to follow directions on your prescriptions carefully. Be sure to eat prior to taking pain medication to reduce stomach upset.

NAUSEA

Nausea is not uncommon after surgery. Sometimes pain medications or antibiotics are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food and taking the pill with a large glass of water. Try to keep taking clear fluids and minimize your intake of pain medications. Classic Coca-Cola may help with nausea. Please contact our office if you do not feel better.

DIET

Eat any nourishing food that can be taken with comfort.

Avoid the following:

- Straws
- Extremely hot foods
- Nuts, sunflower seeds, foods which can get lodged in the socket
- Popcorn
- Chips, pretzels, Doritos, anything of this nature

We suggest the following foods:

- Soft or pureed foods
- Yogurt, soup, pudding, milkshakes, jello, applesauce

It is advisable to follow the diet above for the first few days. Over the next several days, you may gradually progress to solid foods. It's important not to skip meals; especially if you are taking pain medication. If you take regular, healthy nourishment, you will feel better, gain strength and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your physician.

SHARP EDGES

If you feel something hard or sharp in the surgical area, it is likely you are feeling the bony walls which once supported 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 contact our office.

SECOND & THIRD DAY POST-OPERATIVE INSTRUCTIONS

MOUTH RINSES

Keeping your mouth clean after surgery is essential. Use the antibacterial rinse (Peridex) as prescribed, beginning the day after surgery. You may also use a supplemental rinse, which consists of ¼ teaspoon of salt dissolved in an 8-oz glass of warm water; gently rinse. Repeat as often as you like but make sure you rinse at least 3 times per day.

DENTAL CARE

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.

HOT APPLICATIONS

You may apply comfortably warm compresses over the areas of swelling (hot water bottle, hot moist towel, heating pad) for 20 minutes on and 20 minutes off. This will help soothe tender areas and decrease swelling and stiffness.

HEALING

Normal healing after tooth extraction generally follows a routine course:

- Day 1 & 2: you'll experience most of the discomfort and swelling
- Day 3: somewhat swollen, but more comfortable; less pain. Advance your diet to more solid foods, carefully as tolerated
- Remainder of postoperative healing course should be a gradual and steady improvement

If you do not see improvement, call our office.

IRRIGATING SYRINGE If you were given a plastic irrigating syringe, DO NOT USE IT for the first 5 days. After the first 5 days, use it daily according to the instructions. Be 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 any questions about your progress please contact our office. Please note that any refills for narcotic pain medication prescriptions will only be honored during normal business hours.