

INSTURCTIONS FOLLOWING ORAL SURGERY

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INSTRUCTIONS FOLLOWING ORAL SURGERY

After the extraction of one or more teeth, or other surgical procedures in the mouth, cleanliness of the mouth and teeth are absolutely essential. Faithful compliance with these instructions will prevent postoperative complications, add to your comfort, and hasten recovery. Report promptly any condition that gives you concern. Reduced activity for several hours after oral surgery helps reduce bleeding and permits the formation of a blood clot, which is necessary for healing.

IMMEDIATE CARE

- Leave gauze in place for one hour. If the bleeding continues, bite on fresh, clean gauze for fifteen minutes. Repeat if necessary. Some bleeding following surgery is to be expected.
- Keep fingers and tongue away from surgical area.
- Do not smoke or vape for the next 24 hours.
- Do not rinse or wash the mouth today.
- Use ice bag or cold towel on your cheek or jaw immediately for 30 minutes on, then 30 minutes off. Continue until bedtime. This will prevent swelling – do not wait for it to develop.
- Cold or lukewarm liquids such as tea, Coke, 7-Up, or ginger ale may be taken for the first 3-5 hours.
- Before the numbness wears off, take the prescribed pain medication.
- Rest as much as possible today. Lie down with your head elevated with one or two pillows.

BLEEDING

Some oozing of blood may continue for a short time and may persist until the next day. It is normal for saliva to be lightly streaked with blood for about one day. Bleeding sometimes occurs 3-5 days following surgery. Use the following methods if any bleeding occurs.

- Take a clean gauze pad and gently wipe the blood from the mouth and from over the wound.
- Place another clean, folded gauze pad directly on the bleeding spot.
- Close jaw tightly over this pad so there is pressure against the bleeding spot. (But sure there is plenty of bulk in your gauze pad, so that the pressure is tight and firm.)
- Maintain this pressure for about 30 minutes. It is not desirable to change the gauze pack frequently.
- Repeat if necessary.
- Clean tea bags may be used as a substitute for gauze (cut off the string).

SWELLING

Some swelling is to be expected as a reaction to surgery. Continue using ice bags or cold towels for the first 24 to 38 hours following surgery. Maximum swelling can occur up to 3-4 days.

DISCOMFORT

If you have pain, take the prescribed medication. The first tablet should be taken before the anesthetic wears off. Taking medication with either soda or milk can prevent nausea.

NAUSEA

Take 1 ounce of ginger ale or Coke every hour for 5-6 hours, or a pinch of salt with bicarbonate of soda in a glass of water. Then drink mild tea, clear broth, and soft food before resuming your regular diet. If nausea follows prescribed medication, discontinue and call our office.

DIET

A nutritionally balanced diet is very important. During the first 24 hours, eat cool soups and soft foods which are easily chewed and swallowed. Meat, vegetables, and fresh fruits can be liquefied in a blender.

- Gradually progress to solid foods.
- Don't skip meals. If you take nourishment regularly you'll feel better, gain strength, have less discomfort, and heal faster.
- Take any prescribed food supplement as directed.
- If you are diabetic, maintain your normal diet and take medication as usual.

CARE OF MOUTH

Rigid cleanliness of the mouth and remaining teeth, if any, is essential. After 24 hours, rinse mouth gently after meals. This will promote healing and destroy bad odors and tastes.

- Brush your teeth gently with toothpaste, avoiding the surgical site.
- Bad taste or order in the mouth may be due to stitches, or dissolution of the blood clot. This offensive taste will disappear when the stitches are removed.
- The stitches will sometimes work loose and fall out. This is of no concern.
- If your lips are dry, especially at the corners, use Vaseline or other lubrication.

DISCOLORATION

Discoloration of your skin sometimes occurs, and can extend under the eyes, down into the neck, and even into the skin of the chest. Do not be alarmed. This is normal, especially if you are fair skinned, and will disappear with 10-14 days without treatment.

SHARP, BONY PROJECTIONS

During the healing process small, sharp fragments of bone may loosen and may work up through the gum. These are not roots, and often work themselves out. Unless they are very annoying, there will be no need for removal.

IF YOU HAD GENERAL ANESTHESIA

If you went to sleep for your surgical procedure, it is VERY IMPORTANT that you do no physical activity (driving, walking, or using machinery, etc.) Lie down with one or two pillows elevating your head. Remember the medication takes 12-24 hours to work its way out of your body.

The following conditions may develop, but are considered normal after oral surgery.

- Numbness about the corners of the mouth or side of tongue. It is a temporary condition that should correct itself. This may last a few days to several months.
- Sore throat or earache. Temporary ache in other teeth near surgical site.
- Temperature elevates (fever) for about 3 days.
- Tightness of muscles that may cause difficulty in opening of the mouth for several days.
- A cavity where the tooth was removed. This will gradually fill with tissue.

YOU ARE NOT TO DRIVE A CAR, TRUCK, OR OTHER VEHICLE, OR OPERATE MACHINERY, OR MAKE ANY BUSINESS OR PERSONAL DECISIONS FOR THE NEXT 24 HOURS FOLLOWING ANESTHETIC IN THIS OFFICE OR AFTER TAKING PRESCRIBED PAIN MEDICATION.

IF THERE IS EXTREME PAIN, UNCONTROLLABLE BLEEDING, OR ANY UNUSUAL DISTURBANCES, CALL OUR OFFICE IMMEDIATELY: (973) 927-8800.