

INSTRUCTIONS FOLLOWING ORAL SURGERY

Please read these instructions carefully. They will help you to understand the normal reactions following your surgery and help to keep you as comfortable as possible.

PAIN

You may experience discomfort, especially during the first 12 to 24 hours. Take the medication prescribed as indicated on the prescription. The initial dose will take 45 minutes to become effective. When taking the tablets or capsules be sure to drink at least a full 8 oz. glass of water to help prevent an upset stomach. If stomach upset does occur, contact our office and/or take an antacid tablet. If you develop hives or a rash, discontinue all medications and immediately contact this office or your physician.

BLEEDING

It is normal to have some minimal bleeding, pink or red saliva, or clot formation during the first 24 hours. Do not be alarmed. Maintain the gauze pad for two hours with firm biting pressure. Gauze can be removed while eating or when bleeding discontinues. If bleeding is excessive, place a thumb-size roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 60 minutes with constant pressure. If excessive bleeding persists longer than a few hours, call the office for further instructions.

SWELLING

Following any surgical procedure you can expect swelling to develop. It will usually be most pronounced the second 24 hours. Apply ice packs during the first 24 hours; ½ hour on and ½ hour off. After 24 hours use a warm moist washcloth externally for 20 minutes on, 20 minutes off for 1 hour; repeat this every few hours.

ORAL HYGIENE

Cleanliness after surgery is important for a rapid and uncomplicated recovery. Do not rinse your mouth or brush your teeth the day of the surgery. The day after surgery, rinse gently every 1-2 hours with a solution of warm salt water (½ teaspoon of salt in a full glass of warm water) or 6-8 times/day, especially after eating. The teeth should be brushed, but avoid the site of surgery for the first two days.

DIET

A soft, non-chewy diet, avoiding hot liquids, is recommended the first 24 hours after surgery. Try not to skip a meal. Gradually increase your diet to include more foods, but stay away from hard, crunchy foods or foods with seeds for a few weeks. Drink plenty of fluids. Non-acidic fruit juices help keep your energy level up. Avoid carbonated beverages, using a straw, spitting, or blowing your nose too aggressively for the first 24 hours. Avoid alcoholic beverages while taking postoperative medications. If

you are a diabetic, maintain your normal caloric intake and take your medication as usual. If diarrhea occurs and is persistent, contact the office.

OTHER MEDICATION

Continue other medications which you may have been taking routinely before your treatment in our office (unless otherwise directed). If antibiotics have been prescribed, please continue and complete the entire dosage.

SMOKING

Smokers are advised not to smoke for the first 24 hours after surgery.

PHYSICAL ACTIVITIES

Activities should be kept to a minimum the first 24 to 48 hours after surgery. Avoid over-fatigue.

YOU MAY EXPERIENCE:

- Swelling around the surgical site.
- Stiffness in the muscles which may cause difficulty when opening the mouth.
- A slight earache. A sore throat.
- Numbness of the lip on the side from which the tooth was removed. This is called “paresthesia” and is most often a temporary condition.
- Pain in other teeth.
- Dryness or cracking of the lips. Your lips should be kept moist with a cream or ointment such as Vaseline or cold cream.
- Black and blue discoloration on the outside of the face near the area of surgery. This will resolve within several days.
- A slight elevation of temperature for the first 24 to 48 hours.

TELEPHONE CALLS

Please keep in mind when calling the office that the doctor is usually in surgery and may not be able to talk to you immediately. Please tell the receptionist the nature of your call. Some matters can be handled by her through our office communication system making a return call unnecessary. Others may require direct communication with the doctor. If so, please leave your telephone numbers, both during and after work hours.

Try to anticipate the need for prescription refills and call during office hours so that the doctor can refer to your records. Please have the pharmacy telephone number available when you call.

We are interested in your speedy and comfortable recovery. If any questions arise, please feel free to call us.

Pain Medications Following Oral Surgery

- **Etodolac (Lodine 400mg):** Non-narcotic, anti-inflammatory pain medication. Do not take other anti-inflammatory medications along with Etodolac, such as: Aspirin, Aleve, Motrin, Ibuprofen, or Naproxen. Lodine is to be used post-surgically every 8 to 12 hours for at least the first 24 hours. Take with a full glass of water. If stomach upset occurs, take it with food, milk, or antacid.
- **Acetaminophen with Codeine (Tylenol #3):** Narcotic pain medication. If needed, for additional strong pain relief, take 1 to 2 tablets every 4 to 6 hours in between the doses of Etodolac (Lodine). To prevent stomach upset, take with food or milk.
- **Acetaminophen (Extra Strength Tylenol):** For mild, additional pain relief, take 1 to 2 tablets every 4 to 6 hours in between the doses of Etodolac (Lodine).