

Kingwood Dental Specialists

Oral Surgery ~ Endodontics ~ Periodontics

Oral Surgery Post Operative Instructions

*****Please Read All of the Instructions Carefully*****

In many cases the after effects of oral surgery can be quite minimal, in those cases many of these instructions may not apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. *If you have a question after reading this information or an emergency please call the office at 281-359-1011.*

DAY OF SURGERY:

During the first hour after surgery it is very important to bite down on the gauze positioned directly over the surgical site. Make sure they remain in place for 30-45 minutes after the completion of the surgery. Pressure stops bleeding by constricting blood vessels to allow them to clot. Gauze may be removed after the 30-45 minutes. The gauze will be saturated with blood and saliva....this is NORMAL. Discard the gauze and *evaluate the site*. It is normal for the area to ooze, if the area is pumping bright red blood then place an additional gauze pack directly over the wound and apply direct firm biting pressure for an additional 30-45 minutes.

PAIN MEDICINE:

It is best to take the pain medicine with food *within* the first 2 hours after getting home from surgery. In this regard, the pain medicine will start to work prior to the local anesthesia wearing off completely. Remove the gauze, have something soft and cool to eat and then take the pain medication AFTER eating. For the days following surgery the prescription pain medication can be alternated with over the counter ibuprofen (if you have no allergy). The most effective way to do this is take 600mg (3 over the counter ibuprofen pills) every 6 hours and alternate with the prescription pain medicine.

Do not drive an automobile or work around machinery when taking a narcotic.

Avoid alcoholic beverages.

SWELLING:

Swelling is a normal process in wound healing. It is expected that the swelling usually peaks at 72 hours after surgery and can slowly resolve over the next week to 10 days. Generally, the type of surgery you underwent will determine the amount of swelling that you will have. In order to reduce the amount of swelling ice may be applied to the face over the area of surgery 20 minutes on and 20 minutes off for the first 24 hours after surgery. After 24 hours warm compresses may be used on the skin overlying the surgical site 20 minutes on and 20 minutes off.

DIET:

In general a soft nourishing diet that can be eaten with comfort is best. Avoid extremely hot foods and avoid chips, nuts, seeds and popcorn for 10 days after surgery. Generally food such as eggs, potatoes, Jell-O, soup, pasta, ice cream, yogurt and applesauce are fine choices. Do not skip meals, if you take in regular nourishment you will generally feel better and provide your body the materials necessary to heal.

Once the numbness wears off do not use straws, rather drink from a glass.

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RINSING:

Hygiene is extremely important to wound healing. It is important to rinse with warm salt water after each time you eat, when you wake up and before you go to bed. Keep this regimen for 7 days after surgery.

SYRINGE:

An irrigating syringe (if supplied in your post operative pack), is not to be used for the first 5 days following surgery. Not every surgery requires one. If one is not dispensed then you do not need one. This is to allow the area to have some initial healing prior to direct irrigation. After 5 days following surgery, mix a teaspoon of salt in an 8oz glass of water.

HEALING:

The first few days following oral surgery are generally the most uncomfortable. You may also feel irregular edges around an extraction site. It is likely you are feeling the bony walls that once supported the tooth. Occasionally, small slivers of bone may work themselves out following a tooth extraction. A bone chip if encountered is normal. If they are causing concern please contact the office.

If you underwent oral or IV sedation or general anesthesia, you are not to operate machinery, drive or execute legal documents for 24 hours following your discharge.