



Oral and Facial Surgery Institute of Houston

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After Hours # «**Doctor First Mobile Phone**»

Post-Operative Instructions

Sometimes the after effects of oral surgery are quite minimal, so not all of the instructions may apply to you. However, if you have questions following these guidelines, please call our office at the above number. If your procedure was done with IV sedation, someone has to stay with you for the first 24 hours. Do not do anything which requires your judgment (working, driving, operating heavy machinery). Take note that the medication given in the IV and the prescribed pain medication can make you feel dizzy and may impair your judgment.

1. Bite down gently but firmly on the gauze packs that have been placed over the surgical areas for 30 minutes. Bleeding will not stop if you are talking. After 30 minutes, remove the gauze and examine the surgical site. If bleeding persists, place enough new gauze over surgical site and bite down firmly. Change gauze as needed until bleeding stops. It is normal to have slight amount of bloody saliva on the 2nd and 3rd day.
2. **DO NOT EAT OR SLEEP WITH GAUZE IN YOUR MOUTH.** Bleeding should never be severe. If so, it usually means that gauze is not being clenched between surgical sites and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy, you may substitute a tea bag (soaked in very hot water, squeezed damp –dry and wrapped in a moist gauze) for 30 minutes. If bleeding remains uncontrolled, please call our office at the above number.

First Days of Care:

- Do not disturb the surgical area today - Do not rinse your mouth today.
- We encourage not smoking for 7 days since it is very detrimental to healing and can lead to delayed healing, infection and dry socket.
- «Patient First Name», when it comes to exercising (going back to the gym, please do whatever you can tolerate. If you wish to drink through a straw, you can. There is no medical evidence proving the using of a straw would be detrimental to your healing or will result in a dry socket. Do whatever you can tolerate.

Using the Curved tip Syringe:

If you were given a plastic curved tip syringe, **START using it on the sixth day. Do NOT use it within the first five days.**

Only use the syringe on lower extraction sites to flush out food particles. You can use the mouth wash that was prescribed to you or salt water to flush out the socket. Flush the socket twice daily until gum tissue closes.

Swelling: Swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen vegetables (such as peas) wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. **Swelling and pain is usually the worst on the 3rd to 5th days after surgery.**

Pain: Unfortunately «Patient First Name», most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.** Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, it will reduce the chance that nausea will occur. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement each pain pill with an analgesic such as aspirin or ibuprofen. Some patients may even require two of the pain pills at one time. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. **If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call for a refill during weekday business hours.**

Nausea: Nausea is not uncommon after surgery. Sometimes pain medications 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 volume of water. Try to keep taking clear fluids and minimize dosing of pain medications. Please call us if you do not feel better. (Classic Coca Cola may help with nausea).

Diet: Eat any nourishing food that can be eaten with comfort. Avoid extremely hot foods. **It is advisable to confine the first couple days to a soft non-chew diet (soups, puddings, yogurt, milk shakes, etc.) and avoiding things like spicy foods, acidic drinks, nuts, rice, sunflower seeds, popcorn, etc., which may get lodged in the socket areas.** Over the next several days, you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

Sharp Edges: If you feel something hard or sharp edges in the surgical areas, 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 call the office.

Healing: Normal healing after tooth extraction should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable, although still swollen, you can begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.** If you don't see continued improvement, please call our office.

Sutures: If sutures are placed at the extraction site, they are dissolvable and will usually last from three to ten days. They will gradually dissolve and come out on their own. Please do not pick, pull or cut them out yourself. Sutures are sometimes placed between the teeth in front of the surgery site.

«Patient First Name», **It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office. Please use the "On-Call" phone number above should you have questions after office hours. Calling during office hours will afford a faster response to your question or concern.**

Directions to follow when taking your medications.

Start these today

– Ibuprofen 800mg + Clindamycin 300mg

Alternate above medications with below pain medication every three hours. Take pain medications for two days, then take as needed after two days.

– Acetaminophen-Codeine 300mg-30mg

– Apply cold compress to the surgical area for the first two days.

* The medications are for five days.

* Finish the antibiotics unless you have an allergic reaction to it in which case you should stop taking it.

Start these tomorrow

– Methylprednisolone (Anti-Inflammatory)

Follow directions on or inside the box.

– Peridex (Chlorhexidine)

Start rinsing your mouth and brushing your teeth. Swish and spit mouthwash twice daily for **ONLY** one week. Mouthwash has a tendency to stain the teeth and tongue if you use it more than prescribed. Please make every effort to brush your teeth and clean your mouth within the bounds of comfort.

– Start applying warm compress on the 3rd day to promote blood flow to the surgical area.