

Post Major Oral Surgery Care

Day Of Surgery

- **CONTROLLING THE BLEEDING—Bite softly and firmly on gauze provided to promote formation of blood clot—you may ooze for first 24 hours**
 - Change folded gauze every 15 min as needed, placing the dental relief gel (provided) on extraction site or gauze between changes.
 - *Bleeding should never be severe.* If it is, it usually means that the packs are being clenched between our teeth *rather than exerting pressure on the surgical areas.* Try repositioning fresh packs.
 - If bleeding persists at home:
 - Bite on gauze wrapped around a warm, wet tea (black tea best) bag for 60 minutes as needed.
 - Keep head elevated by extra pillows or sit in a lounge chair
 - You may not be biting hard enough, double gauze and bite firmly for 30 min at a time Bite down firmly on the gauze packs that have been placed over the surgical areas
 - Change them every 10-15 minutes (as needed) until the bleeding stops.
 - If bleeding remains uncontrolled, please call/text our office.
 - It is normal to have some bleeding and oozing for up to 24 hours after surgery. Bleeding will appear worse than it is because it mixes with the saliva.
- **PAIN CONTROL—Some minor pain and discomfort is normal after surgery—START ASAP (within 3-4 hours)**
 - **We advise taking Ibuprofen 800mg & Tylenol 1000mg every 8 hours for best result, for the first 72 hours**
 - **If prescribed, take prescription pain control for breakthrough pain only (drop the Tylenol if you take a narcotic)**
 - **Antibiotics, if prescribed, should be taken until all gone**
 - **YOU WILL be sore and in discomfort for 72 hours with day 3 usually being peak pain**
 - **Severe Pain is not expected and if you are experiencing, PLEASE CALL/Text ASAP**
- **BRUISING/SWELLING**
 - You may experience slight bruising on gums/outer jaw, this will go away in a few days, peak swelling first 3 days
 - You can put ice on site for 20 min on/20 min off for the first 24-48 hours
 - Any swelling increasing after first 3 days, please contact us immediately.
 - If you are on blood thinners, this will increase your likelihood of bruising
 - Sleeping with head propped up will help reduce swelling as well
- **NUMBNESS:**
 - You may have difficulty feeling your lips, cheeks or tongue due to numbness.
 - This is a temporary feeling and will wear off within 4-10 hours, sometimes 24
 - Please make sure not to bite your lips, cheeks or tongue.
- **DIET**
 - **Hydration is key, first 24 hours; Gatorade/soup are provided. High protein soft diet best**
- **RINSING**
 - Do not rinse your mouth for the first 24 hours after extraction
 - Warm salt water “soak” and gently spitting on day 2 is best.
 - Day 3 & beyond ok with gentle swishing, especially after meals.
 - You can brush the rest of your teeth the day of, no spitting or rinsing; no power tooth brushes or water pics for a week.

NO SMOKING, VAPING OR ALCOHOL FIRST 24 HOURS; BEST IF NONE FOR 3 DAYS

NEXT 24 HOURS—REST IS THE BEST CURE

• **DIET:**

- You may drink cool liquids as soon as you get home*
- **Do not chew or take in hot liquids until your numbness has subsided (this may take up to 14 hours).**
- It is sometimes advisable, but not required, to confine the first day's intake to bland liquids or pureed foods (pudding, yogurt, applesauce, milkshakes, smoothies, protein drinks etc.).
- *We suggest 1st intake be liquids like clear sports drinks or apple juice to "wake the stomach slowly". Lipton soup provided but eat warm after numbness wears off.
- Avoid foods like nuts, sunflower seeds, popcorn, chips, etc., that may get lodged in the socket areas.

• **POST SURGICAL CARE:**

- **Do not disturb the surgical area today.**
- **Do Not rinse, spit, suck through a straw or probe the area with any objects or your fingers.**
- **DO NOT SMOKE** for at least 4 days, since it is very detrimental to healing.
- ***SMOKING WILL INCREASE PAIN AND DELAY HEALING. IT IS DIFFICULT TO CONTROL PAIN CAUSED BY WOUND DAMAGE CAUSED BY TOBACCO PRODUCTS.***

• **BRUSHING/RINSING**

- Avoid all brushing, rinsing or spitting the day of the surgery.
- Do not use power toothbrush or waterpik for 1 week
- After first 24h—you may brush your teeth, but avoid brushing near the surgical site(s) for 3 days.
- After day 2, gently rinsing with warm saltwater after meals ok.
- After day 3, begin using provided syringe to rinse areas after meals

• **NAUSEA:**

- Nausea is not an uncommon event after surgery and it sometimes is caused by stronger pain medicines.
- Nausea may be reduced by preceding each pill with a small amount of soft food, then taking the pill with a large volume of water.
- Try to keep taking clear fluids and minimize the pain medication, but call us if you do not feel better or if repeated vomiting is a problem.
- Cola drinks that have less carbonation may help with nausea.

• **RESUMING ACTIVITIES**

- If you have undergone anesthesia, you should go home immediately and rest for the remainder of the day.
- Do not drive or engage in strenuous activities for at least 24 hours. You may return to work or school when you feel you are recovered. We can supply a doctor's note if necessary.

Days 2,3 and Beyond

• **DIET:**

- Over the next several days you can progress to solid foods at your own pace (pasta, soft vegetables, eggs, fruits, ground meats, etc.).
- Liquid intake should consist of juices, milkshakes, water and/or sports drink- anything to reach 8-12 glasses of liquid a day with the exception of alcohol.
- Alcohol and drugs do not mix! Alcohol also increases the possibility of possibility of prolonged bleeding. Increase liquids if solid food intake is less than normal.
- **Using straws is not advisable in the immediate post op period. HOWEVER if this is the only way you can comfortably take in fluids- use the straw. Do not spit.**

• **PAIN MANAGEMENT:**

- Continue Ibuprofen/Tylenol 3 to 4 times a day for 3 to 5 days and as needed after day 5. You should not need narcotic after day 3, call us if pain is MORE than 6 out of 10.
- **OTHER MEDICATIONS:**
 - Continue as directed
- **SWELLING:**
 - After 48 hours you may apply a heating pad or moist heat for relief of swelling, bruising, and stiffness of the jaw.
 - If you are experiencing and increase of swelling after day 3, please call or text us ASAP
 - Heat should be continued for thirty minute intervals, three to four times daily, until symptoms subside.
 - Swelling around the mouth, eyes, and cheeks is normal following any surgery, and usually takes 2-3 days to fully develop.
 - Applying ice to your face and keeping your head elevated for the first 24 to 48 hours will help reduce swelling and symptoms. Occasionally, altering ice and moist heat can help reduce swelling and symptoms.
- **IRRIGATING:**
 - If you have been provided with an irrigator (small plastic syringe), you should begin using it on the third day after surgery on the lower extraction sites after each meal and at bedtime.
 - Fill the irrigator with lukewarm water. You may add a small amount of salt. Make sure to get the tip of the irrigator near the extraction site and flush out the extraction site completely. This may be uncomfortable at first, but keeping the site clean reduces the chance of infection or dry socket.
- **SUTURES:** Your sutures dissolve on their own and may come out any time after surgery. You may notice that they are loose after the swelling of your gum tissue decreases. This is completely normal.

HELPFUL SUGGESTIONS

- Post-operative fever greater than 101 degrees F, after 24 hours, should be brought to the doctor's attention.
- Dry socket, also known as alveolar osteitis, is an inflammation (not an infection) of the bony tooth socket that is believed to be the result of the loss of a protective blood clot. A dry socket, if it occurs, usually begins 3 to 5 days after tooth extraction and the symptoms include a persistent ache or throbbing that radiates to the temple, ear or along the jaw. A foul odor or taste can accompany a dry socket. Dry socket is self-limiting, but if it is very painful can be treated by placing a numbing, medicated dressing into the affected extraction site(s). This medicated dressing will make the surgical site feel better, but will not speed healing, as the site will heal naturally on its own time frame. The medicated dressing placements may require multiple office visits for evaluation/dressing changes.
- If you notice hard or sharp edges in the surgical areas, you are most likely feeling the bony walls which once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the healing process. If they cause concern or discomfort, please call our office.
- Orthodontic retainers, if applicable, can be reinserted as soon as possible when comfortable.
- If you were discharged with any additional post-operative instructions (sinus precautions, etc.) please refer to them as well.
- For an after-hours emergency, please call OR text the office number. If we have not returned your call in one hour, please call again.
- All other calls/concerns should be placed during regular office hours when staff is present to assist you

FEEL FREE TO CALL OR TEXT US AT ANY TIME

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