

# SOUTHEASTERN ORAL SURGERY & DENTAL IMPLANTS

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## ORAL SURGERY POST-OPERATIVE INSTRUCTIONS

### INSTRUCTIONS FOR THE DAY OF SURGERY

#### AS YOU LEAVE THE OFFICE

Pick up prescription at the pharmacy within 30 minutes after surgery. You will need to:

- A. Remove the gauze from your mouth.
- B. Take your first dose of pain medication with soft food or something to drink. Avoid taking on an empty stomach.

#### EXERCISE CARE

Do not disturb the surgical area today. **Do NOT** rinse vigorously or probe the area with any objects or your fingers. You may brush your teeth gently. **DO NOT SMOKE** for at least 48 hours, since it is very detrimental to healing. Rest with your head elevated.

#### OOZING

Intermittent bleeding or oozing is normal. It may be controlled by placing fresh gauze over the surgical area and biting down firmly for 30-60 minutes.

#### STEADY BLEEDING

Bleeding is rarely severe. If it is, it usually means that the packs are being clenched between your teeth rather than exerting on the surgical areas. Remove the gauze packs and any clotted blood that you see and gently rinse your mouth with cold water. Place a gauze pack over the surgical area and bite down without opening for 30 minutes. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

#### SWELLING

There will be swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 12 to 24 hours after surgery.

#### PAIN

Oral surgery is accompanied by pain and discomfort. You will have a prescription for pain medication, and if you take the first pill before the anesthesia has worn off, you will be better able to manage your pain. Effects of pain medicines vary widely among individuals. **If you do not achieve adequate relief**, you may supplement each pill with an analgesic such as Advil or Motrin. Remember that the most severe discomfort is usually within the first six hours after the anesthetic wears off; after that your need for medicine should lessen. If you experience any unusual drug reaction (vomiting, rash, itching, etc.) stop the medication and call us. While taking pain medication, please remain in bed as much as possible. Exercise care and utilize assistance when you do get up and down.

REMEMBER: No Driving or Working with Machinery for at least 24 hours after sedation or anesthesia is given OR while taking your pain medication.