

BLEEDING

Some bleeding is expected following any surgical procedure, especially within the first 24 hours. If bleeding is present, bite firmly on a gauze pad or moistened tea bag placed directly over the site for 20 minutes. Repeat as necessary, with fresh gauze. Often, you will only need to replace the gauze 2-3 times in the first 24 hours and will not need to use it the day following your procedure. Small traces of blood can occur in your saliva on and off for a few days. This is normal and it is not necessary to place gauze in at this time. Do not eat, drink or sleep with the gauze in your mouth.

Things to avoid during the first 48 hours after procedure to minimize bleeding: Spitting, laying flat, physical activity, smoking, hot liquids, sucking through a straw, or excessive rinsing and cleaning - all of which will increase bleeding.

What is dry socket: Experiencing increased pain in day 3-5 post-operatively if the scab (i.e. blood clot) gets dislodged prematurely.

How to avoid it: During the first 3-5 days, in addition to following the instructions in this brochure, avoid smoking, sucking through a straw (i.e. don't create negative pressuring in your mouth), excessive rinsing or cleaning, or picking at the surgical area.

SUTURES

Light colored sutures (stitches) will become loose and dissolve spontaneously within 2-7 days. Black sutures do not dissolve and must be removed.

ORAL HYGIENE

Mouth cleanliness will help the surgical site heal faster.



1/2 teaspoon salt in one cup water

Gently rinse your mouth with warm salt water a minimum of twice per day and, if possible, after every meal and snack to keep food out of the site and to keep your mouth clean. Gentle rinsing can be started the same day of surgery as long as you do not do it vigorously. The day after surgery you can brush your teeth and the area

adjacent to the surgical site. The surgical site should not be disrupted for 1-2 weeks. **Do NOT use Water Pik or a water syringe to get food out of the surgical area until about 7 days after surgery.** If you do not have a Water Pik, ask for an irrigation syringe during your follow-up visit and one will be provided to you.

DIET



Diet consisting of soft food

You can have liquids immediately after your surgery (juice, milk shake). Once the numbness wears off, a diet consisting of soft foods that can be easily chewed and swallowed can be started such as soups, mashed potatoes, ice cream, jello, pudding, etc. Trismus (stiffness) of the muscles may cause you to have difficulty opening your mouth for a few days. Advance your diet as tolerated the next day. Add solid foods to your diet as soon as they are comfortable to chew. No crunchy foods such as chips, nuts, popcorn, seeds, granola, etc. for the next 4 weeks.

DISCOMFORT

Take the prescribed pain medication or over-the-counter pain medication, as directed before the numbness wears off (within 2-6 hours following surgery). If you feel you do not need the prescribed pain medication, you can switch to over-the-counter analgesics. NSAID's, such as Ibuprofen, usually work well after oral & maxillofacial surgery. Prior to using over-the-counter medication, make sure to read the label thoroughly to confirm that there are no contraindications for you using it. **Narcotic pain medications shall not be used with anxiolytic or sedative medication (i.e Xanax, Valium, etc.) alcohol or recreational drugs.**

You may be uncomfortable for up to a week. A slight earache or sore throat may develop. Other teeth may temporarily ache. The corners of your mouth may dry and crack-keep your lips moist with an ointment. In general, after oral surgery you should start to feel better after the third day. If you are not feeling better or the pain is worse, call us.

You may notice a limited ability to open your mouth after oral surgery. This is partly due to swelling and mostly due to inflammation in the Temporomandibular Joint (TMJ) due to prolonged mouth opening during the procedure. Those with healthy joints will start to notice improvement after 3-4 days and recover to normal function within 2 weeks. Those with more sensitive joints (i.e. people with a history of TMD or parafunction) may take longer to return to full range of motion. To promote faster recovery eat a soft diet, take NSAIDS (if you are allowed), and apply warm compresses (to be started on day 3 of recovery). Additional instructions will be discussed during the post-operative visit if you are experiencing prolonged discomfort.

SWELLING & BRUISING

Swelling is a normal occurrence after oral surgery and may peak on the 3rd day following surgery. Bruising on the skin may develop near the area of the extraction. To minimize swelling, use ice packs on the affected area immediately following surgery and for the first 48 hours following surgery. After 48 hours, using warm moist towels or a heating pad can help resolve the swelling. Swelling and bruising may occur and last for 5-7 days.



ICE: Place an ice bag firmly to your cheek, 20 minutes on, 20 minutes off for the first 24-48 hours.



HEAT: On the third day (72 hours) after surgery apply moist, warm compresses or a heating pad at low setting over area.

NUMBNESS

After surgery it is normal to be numb for up to 12 hours due to the local anesthesia that is given. Numbness or tingling of the lip or tongue may sometimes persist on the operated side. This is almost always a temporary condition, which can last for a few days due to swelling. In rare cases, numbness can last several months. If the numbness is persistent make sure that you keep the post-operative check up appointment so we can further assist you.

NAUSEA

Do not use your medications on an empty stomach. Be sure to drink plenty of liquids and eat soft nutritious foods to prevent nausea and dehydration. If nausea or vomiting persists the day after surgery, please call us.

ACTIVITY

Rest following any surgery. By sitting up or elevating your head on 2-3 pillows when lying down, you will have less oozing and swelling.

As for physical exercise and fitness, you should abstain until the following three conditions are fulfilled:



No narcotic pain medications are being used



You are hydrating and getting enough nutrition.



You are generally feeling well.

Avoid driving or operating hazardous equipment the day of your surgery if a general anesthetic has been administered or if you are taking prescribed pain medications. If you are a musician, you should avoid playing wind and brass instruments (i.e. flute, saxophone, trumpet, etc.) for 2 weeks. This will prevent pushing air and bacteria into the wound.

OTHER

If a prescription for antibiotics was given, it is recommended to start within 2-6 hours following the surgery.

The use of antibiotics may decrease the effectiveness of oral birth control pills and the use of alternative birth control methods is necessary.

Avoid smoking and alcoholic beverages for at least 72 hours or until you finished the prescribed medications.

Small sharp bone fragments may work their way to the surface of the surgical site during the healing period. Should this happen, it may take several weeks for complete healing. Do not poke at the surgical site. You can always call us for an evaluation.

There will be a space where the tooth was removed. This area will gradually fill in with new tissue.

Special Consideration

IV Site Discomfort

Sometimes the IV site, which is found on the arm or hand, may have redness or bruising after general anesthesia. Use warm, moist compresses and elevate the site. If you experience pain or tingling at the IV site, you can start using aspirin (as long as you have no contraindications for its use) and call us to schedule an evaluation.

Sinus Precautions

- Avoid nose blowing
- Do not create negative pressure in the mouth - no sucking on a straw, etc.
- Do not suppress a sneeze - open your mouth if you need to sneeze
- Avoid straining (i.e. lifting heavy weights, bending over and massages)

Implant Surgery

Avoid biting and chewing food directly on the implant during the healing period.

Brush the implant very gently with a regular toothbrush to keep it clean.

Please follow the other instructions on this sheet. If you have any questions regarding your implant, do not hesitate to call the office



Armitage Oral Surgery
Oral & Maxillofacial Surgery

Post-OP

Post Operative Care is very important to your recovery. We want to make sure that you are fully informed about how to take care of yourself once your procedure is completed.

Please read the instructions detailed inside and do not hesitate to contact us with any questions.