

Postsurgical Instructions

Oral Surgery

Tooth Extraction Local Anesthesia



**COLORADO
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The Wisdom Teeth and
Dental Implant Experts

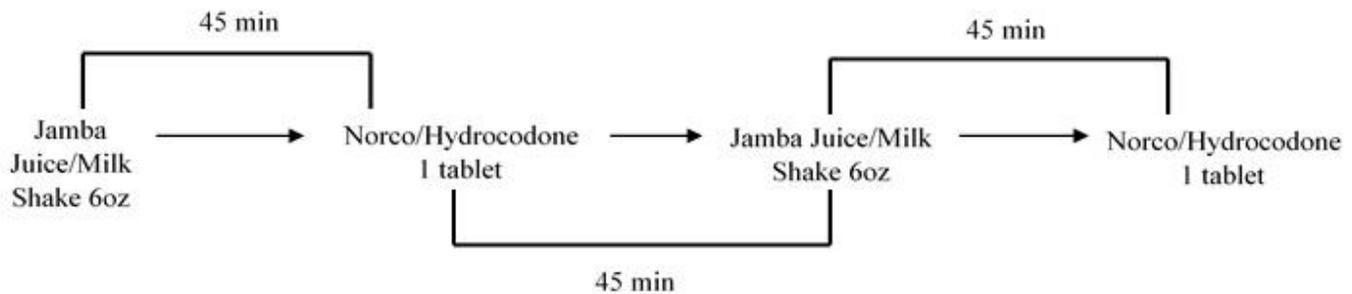
Care of the mouth after oral surgery has an important effect upon healing. Swelling, discomfort, restricted jaw function, and cheek discoloration is expected, and need not cause alarm. These may be minimized by the following instructions. Please read them carefully. It is strongly urged that they be followed.

Bleeding Control

Remove the gauze pack upon arriving home. Slight bleeding is expected and desirable. If bleeding is excessive, place a roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. Assume a semi-upright bed position, using 2 pillows. Please avoid spitting for the first 24 hours after surgery to prevent dry socket and an increase in bleeding.

Pain Control

After surgery, begin eating soft cold foods (2-6 oz. no straws for 5 days) such as Jamba Juice (We recommend chocolate, mango, or banana as good Jamba Juice selections), milk shakes or cold soups waiting, 45 minutes prior to taking the first pain pill (Norco or Hydrocodone). Avoid eating or drinking anything containing seeds, citrus or spices, as those will agitate the surgical areas. If you are not experiencing an upset stomach, continue the sequence of alternating soft cold foods and pain medication as outlined below. The goal is to take 2 Norco within the first 4 hours after surgery. The maximum Norco is 10 tablets in 24 hours.



If you experience nausea, stop taking pain medications and soft foods. This will only worsen the nausea. It is for this reason, that Dr. Stone recommends holding antibiotics until postoperative day 1 (antibiotics are known to cause nausea). After waiting 1 hour for the nausea to pass, begin to slowly restart the soft foods then the pain medications. If you have waited one hour and the nausea has not passed, you can drink one ounce of a carbonated beverage (Ginger Ale). Follow this sequence with mild tea or clear broth and soda crackers. Be careful not to chew the crackers over the surgical site as you will be numb and unable to feel these areas. If you throw up during this process, wait 45 minutes before restarting. Advance to more solid foods (yogurt, bananas, etc.) slowly. It is not advisable to bite down on the gauze over the implant site as this can damage the implant. When you use the bathroom, someone must accompany you so that you don't fall.

Wound Healing

Slight bleeding is expected up to one week following the surgery. If bleeding is excessive place a roll of sterile gauze or a dry tea bag over the wound and bite firmly for 30 minutes with constant pressure. Chewing on the gauze or talking with gauze in your mouth will irritate the site and cause continued bleeding. Avoid spitting or using straws as this will cause the surgical site to bleed. If sutures were placed, they will begin to dissolve and fall out after 3-7 days. Bleeding when brushing your teeth is an indication of tissue irritation, however, this will resolve with improved oral hygiene.

Cleaning Your Mouth

The day of surgery, do not clean the surgical site, spit or rinse your mouth as this can cause bleeding and loss of the blood clot. The day following surgery, begin to brush your teeth and gums with a tooth brush and tooth paste while avoiding the surgical areas.

Clean the surgical site with a cotton tipped applicator (Q-Tip) dipped in diluted 3% hydrogen peroxide (1/2 water, 1/2 3% hydrogen peroxide- no double dipping), and finish with a gentle swish with warm salt-water (1/2 teaspoon of salt in a large glass of warm water), after each meal and at bedtime. This care must be continued for at least 7 days. Once you are comfortably able to brush the surgical site with a tooth brush and tooth paste, you can discontinue the salt water rinses and cotton tipped applicators with hydrogen peroxide.

Swelling Control

Swelling is expected after surgery. There is no cause for alarm as this is a normal reaction to surgery. To help minimize swelling, apply ice packs to the outside of face immediately after surgery. Ice packs should be left on for 10~30 minutes, and then taken off for 10~30 minutes. Repeat this sequence over and over for the first 24~48 hours. After 48 hours, ice has no beneficial effect. Instead, the application of heat may be helpful in reducing the size of swelling more quickly. Swelling will usually reach its peak during the first 48~72 hours.

Diet

Skipping meals will add to your discomfort. Maintain a soft cold food diet the day of surgery. Avoid hot liquids and foods if you are numb as you may burn your mouth unintentionally. Increase your fluid intake, but **do not use straws for 5 days** as this will disrupt healing. On the second postoperative day, advance your diet to very soft foods high in protein and vitamins (mashed potatoes, fish, overcooked pasta, bananas and yogurt). Avoid crunchy foods, acidic foods (tomato and orange juice burns), spicy foods, nuts or ice. When you are comfortable you can resume a normal diet.

Watch for irregularity of bowel habits which can be caused by antibiotics. If you develop diarrhea stop the antibiotics and call Dr. Stone. If you develop constipation consider stopping the pain pills (Norco) and switching to Ibuprofen 600mgs.

Physical Exercise

It is important to stay at home and rest for the first 2 days. Avoid physical activity the day of surgery and for the next 2 post-operative days. You can begin working out on the 3rd post-operative day, but do not expect to perform optimal until the 7th postoperative day. When you are physically active you may experience an increase in pain or soreness. If this occurs, discontinue that activity. This pain or soreness will not result in a compromised surgical result, but it could delay your recovery. Swimming is permitted after the 3rd postoperative day.

Travel

It is advised that you do not travel until your post-operative appointment (scheduled 2 weeks after surgery). A change of pressure (elevators, elevation, or airplanes) may be uncomfortable and cause oral or nasal bleeding. However, this should not cause a surgical complication.

Smokers

Do not to smoke for at least 24 hours after surgery. It is best to avoid smoking for a week as this will help to insure a rapid and uneventful recovery.

Allergic Reaction / After Hours Contact

If you develop hives or a rash, discontinue all medication and immediately contact our office at (303) 806-8600.

Telephone Support 24/7: 303-806-8600

Should you have any questions please call our office. Surgical assistants and nurses are available to answer your questions Monday through Friday. The Doctor is available after hours. For after-hours support call the office and follow the voice prompts to the emergency mailbox. Then leave your name and telephone number. The doctor will be paged, retrieve your voice message, and return your call. If the doctor does not call back in 20 minutes, please call again. If you think something is not right and it can't wait until your scheduled postoperative visit, please make an appointment to see the doctor that same day.