

# Postsurgical Instructions

## Oral Surgery General Anesthesia



**COLORADO  
SURGICAL  
ARTS**

The Wisdom Teeth and  
Dental Implant Experts

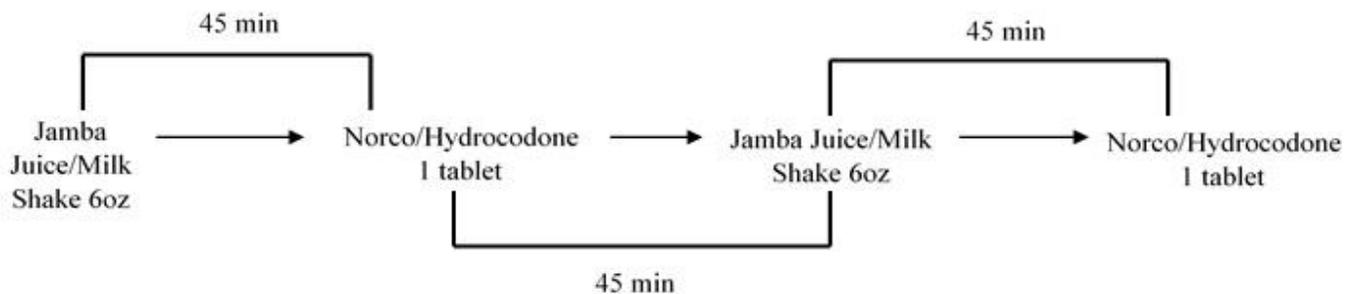
Care of the mouth after oral surgery has an important effect upon healing. Swelling, discomfort, restricted jaw function, and cheek discoloration is expected, and need not cause alarm. These may be minimized by the following instructions. Please read them carefully. It is strongly urged that they be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

Have your prescription filled and take as directed on the package. If you develop hives or rash, discontinue all medication and immediately contact our office at 303.806.8600. Do not exceed 10 Hydrocodone or Norco Pills in 24 hours.



### ***Swelling Control***

Apply an ice pack to the jaw immediately upon your return home, 10-30 minutes on and 10-30 minutes off. Do this the day of surgery. The second day after surgery, moist or dry heat applied to the jaw, 30 minutes on and 30 minutes off, should increase comfort.

### ***Diet***

Skipping meals will add to your discomfort. Have soft cold foods while you are still numb the first day after surgery and when the numbness wears off switch to very soft food high in protein and vitamins for another few days. Increase your fluid intake. Watch for irregularity of bowel habits. No straws for 5 days after surgery as these will disrupt healing and can cause a dry socket.

### ***Nausea***

One ounce of carbonated beverage every hour for 5 to 6 hours will usually terminate nausea. Follow this with mild tea or clear broth and soda crackers.

### ***Oral Hygiene***

Do not rinse your mouth for 24 hours. The day following surgery the area of surgery must be cleaned with a cotton swab saturated with 3% hydrogen peroxide diluted with ½ water. Also the mouth must be rinsed gently with warm salt-water solution (1/2 teaspoon of salt in a large glass of warm water), after each meal and at bedtime. The teeth may be brushed but avoid the site of surgery. This care must be continued for at least 7 days.

### ***Smokers***

Smokers are advised not to smoke for one week after surgery.

### ***Pain Medication***

Do not sign any important papers while on pain medications.

### ***Miscellaneous***

Avoid over-fatigue. Go to bed early at night and allow for rest during the day. Do not drive any vehicle or operate any machinery for the next 24 hours after surgery and after taking the pain medication.

If you have had immediate dentures placed, do not remove them. They will be removed in this office at your next appointment.

***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.