

Postsurgical Instructions

Oral Surgery Local 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.

Hemorrhage 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 as this causes bleeding by drawing to the sight.

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.

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. A liquid diet is wise the day of surgery, and then very soft food, high in protein and vitamins, is recommended for another few days. Increase your fluid intake. Watch for irregularity of bowel habits. No straws as these will disrupt healing.

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 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. The area of surgery must be cleaned with a cotton swab saturated with 3% hydrogen peroxide diluted with 1/2 water. This care must be continued for at least 7 days.

Smokers

Smokers are advised not to smoke for 24 hours 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.

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

Contact

Daytime: 303-806-8600 Ext 2 and you will be connected to one of Dr. Stone's surgical assistants

Evening and Weekends: 303-806-8600 follow the prompts for the on call doctor