

Postsurgical Instructions

Wisdom Teeth General Anesthesia



**COLORADO
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The Wisdom Teeth and
Dental Implant Experts

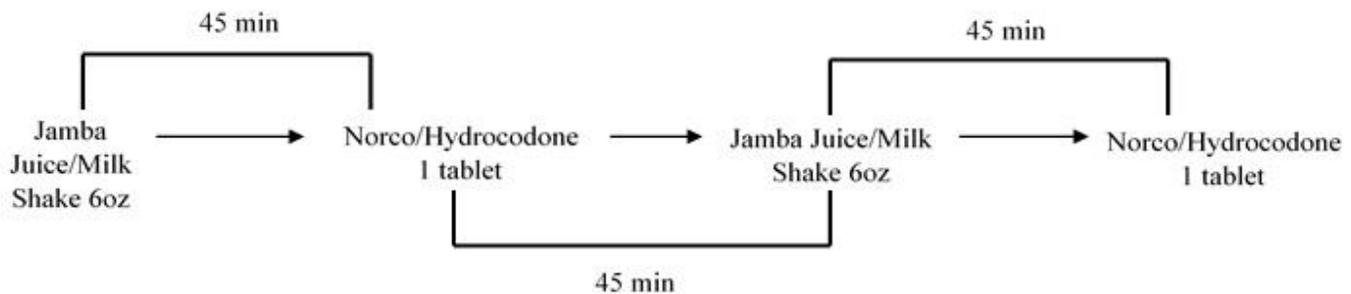
Care of the mouth after oral surgery has an important effect upon healing. Swelling, discomfort, restricted jaw function, and cheek discoloration is expected, and need not cause alarm. These may be minimized by the following instructions. Please read them carefully. It is strongly urged that they be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

Sequence of Events

The key to a rapid and uneventful recovery is eating food prior to taking pain medications, staying ahead of the pain with pain medication and refraining from any activity for 48 hours. The following is a recommended sequence of events. Dr. Stone may customize this sequence for your specific needs.

Day of Surgery: First 4 hours

After surgery, begin eating soft cold foods such as Jamba Juice (we recommend chocolate, mango, or banana as good Jamba Juice selections), milk shakes or cold soup waiting, 45 minutes prior to taking the first pain pill (Norco or Hydrocodone). Avoid using a straw when drinking and stay away from food containing seeds, citrus or spices when eating 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.

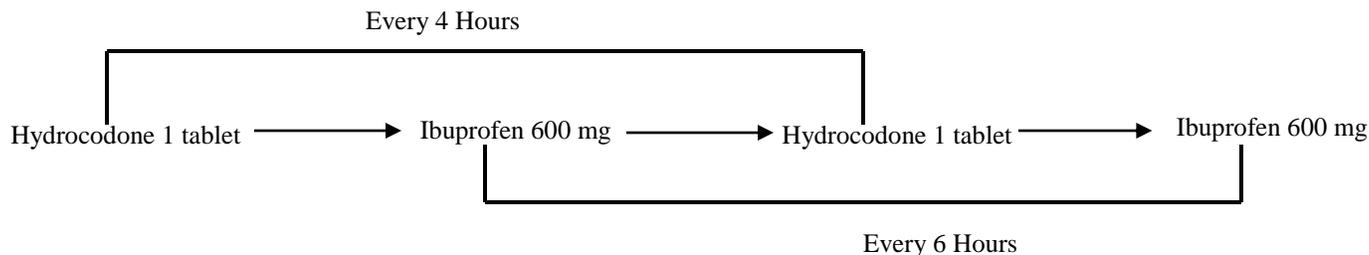
During this same period, keep ice (bags of frozen peas or corn) on your face 10-30 minutes on and 10-30 minutes off to reduce facial swelling. When you arrive home from surgery remove the gauze placed after your surgery. If you experience oral bleeding place a new gauze in your mouth over the surgical site to collect the blood. Swallowing blood will result in nausea. Do not sleep with gauze in your mouth. If you vomit it is usually from clearing blood from your stomach. This should happen only one time if at all. When you use the bathroom, someone must accompany you so that you don't fall.

Day of Surgery: Hour 4 to bedtime

This is the maintenance phase of recovery. You have begun taking soft cold foods, pain medications and are not experiencing nausea. Patients often complain of little discomfort due to the local anesthesia (numb mouth). Some of the local anesthesia may last into the night but most will begin to disappear four hours after surgery. If you are numb the morning after surgery; call Dr. Stone. It is important that you continue to stay ahead of the pain by taking one pain pill (Norco or Hydrocodone) every four hours. If you get behind on pain medication it takes significantly more medication and time to get the pain back under control.

Day of Surgery: Pain medications not working

You can expect soreness at the surgical site for several days and for some people up to one week. It is very unusual for you to experience pain if you follow these directions. If after taking two Norco you are still experiencing pain, begin Ibuprofen (Advil/Motrin) 600mg 4x/day. Be cautious of nausea as taking Norco with Ibuprofen significantly increases your chance of nausea and vomiting. Do not take Tylenol as Norco contains Tylenol and you will exceed the recommended dose.



Post Operative Day #1: Day after surgery

Nausea is very rare the day after surgery and pain medication requirements are usually significantly less. It is for this reason that Dr. Stone recommends switching from Norco (Hydrocodone) to Ibuprofen and resuming your antibiotics. Begin taking Ibuprofen 600mg every 6-8 hours for the next 2 days. Ibuprofen will reduce soreness, pain and swelling. You can continue taking Norco (Hydrocodone) for break through discomfort either with the Ibuprofen or in between Ibuprofen doses. Ibuprofen does not make you sleepy, but Norco (Hydrocodone) does. It is important to continue to stay at home and rest. You will experience more swelling by physical activity. On postsurgical day #1 you can resume a normal diet. Dr. Stone recommends avoiding sharp foods (potato chips) as this may aggravate the surgical sites.

Post Operative Day #2: Second day after surgery

Although you may wake up with more swelling on the second postsurgical day you will begin feeling better. Maximum swelling is postoperative day #3. You can resume light activities but avoid strenuous physical activity. Continue to advance your diet as tolerated and maintain Ibuprofen for soreness.

Wound Healing

Slight bleeding is expected up to one week after 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. Spitting or using straws causes bleeding by drawing the clot from the surgical site. Avoid this if at all possible. The sutures will begin to dissolve and fall out after 3 days. Bleeding when brushing your teeth is an indication of tissue irritation, however, this will resolve with improved oral hygiene.

Cleaning Your Mouth

On the day of surgery do not clean the surgical sites, spit, or rinse your mouth as this can cause bleeding and loss of the blood clot. The days following surgery begin to brush your teeth and gums not involved in surgery with a tooth brush and tooth paste. Clean the surgical site with a cotton tipped applicator (Q-Tip) dipped in diluted 3% hydrogen peroxide (½ water, ½ 3% hydrogen peroxide- no double dipping) and finish with a gentle swish of warm salt-water (1/2 teaspoon of salt in a large glass of warm water). Do this 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 toothbrush and toothpaste 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. Occasionally, facial bruising will develop and could last 7-10 days. Assume a semi-upright bed position when sleeping using 2 pillows for the first 48 hours. This will reduce facial swelling. Expect more facial swelling on the side of your face that you sleep on.

Diet

To skip 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. 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, but avoid chewing on the surgical site. 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 also 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 postoperative days. You can begin working out on the 3rd postoperative day, but don't expect to perform at optimal physical activity 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. It is advised that you do not travel until your post-operative appointment about one week after your surgery.

Travel

It is important not to travel for the week following 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.

Orthodontic Retainers / Night Guards

Although it is important to wear your retainer daily you may find it uncomfortable to wear for the first few days following surgery. Wearing the appliance will not cause injury to the surgical site and you may wear it when you feel comfortable. For some patients, this would require refraining from wearing the retainer for several days.

Smokers

Do not to smoke for at least 24 hours after surgery. It is best to avoid smoking for a week post surgery.

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.