

PREHN DENTAL OFFICE

ORAL SURGERY INSTRUCTIONS

TO CONTROL BLEEDING

Most patients will be discharged with gauze sponges over the surgical site. Bite firmly on these for about 30-60 minutes. If the bleeding has stopped or has been reduced to a slow ooze, no further gauze is necessary. If significant bleeding persists, continue using the gauze over the surgical sites with firm pressure by biting. **DO NOT SPIT** as this will create suction and cause bleeding to continue.

SMOKING and use of STRAWS is not recommended for at least 48 hours.

RINSING of the mouth should not be done for 24 hours. Some occasional bleeding may persist into the next day. This is normal.

TO RELIEVE PAIN

Some degree of discomfort is expected following surgery. If you have been given a prescription for pain control, use as directed if needed. **DO NOT TAKE THE PAIN MEDICATION ON AN EMPTY STOMACH.** Discontinue the use of the prescription when you find you can get along with Tylenol or Ibuprofen. Do not take any alcohol when using prescription pain medication. Keeping your head elevated with a couple of pillows and applying the ice packs can also help to lessen the discomfort.

TO MINIMIZE SWELLING

Immediately following the procedure, apply ICE PACKS to the face. Apply ice packs to affected area 15 minutes on and 15 minutes off for the first 12 hours. Maximum swelling is expected on the second postoperative day and may remain for several days. DISCOLORATION and STIFFNESS of the jaw are common. Do not be alarmed by these. It may be beneficial to chew gum for short intervals on the fourth or fifth postoperative day if stiffness persists. Heat may also help stiffness but should not be used until the third postoperative day. Moist heat (wash cloth) is generally thought to be more effective than dry heat (heating pad).

ORAL HYGIENE

Good oral hygiene following oral surgery is important for normal healing. Routine tooth brushing should begin the day after your surgery. It may be sore and bleed a little around the surgical sites when brushing, so be gentle, but thorough. **DO NOT** use a mouthwash, brush your teeth or rinse your mouth the day of surgery. Begin WARM SALT WATER RINSES the following day. Dissolve about 1/4 tsp of salt in 6 ounces of warm water and rinse gently. This may be done frequently but at least every 4-6 hours and after meals for about one week. More vigorous swishing may be done a couple of days after surgery.

OVER—»

DIET

Resume a normal diet as soon as possible following surgery. Soft foods and liquids may be taken during the first 12 hours postoperatively. Drink plenty of liquids but avoid hot liquids the first 12 hours.

ACTIVITY

Unless directed otherwise, you may resume normal activities as soon as it is comfortable to do so. DO NOT drive or operate machinery for 48 hours if you are taking narcotic prescriptions pain medications.

NAUSEA

Nausea and vomiting may occur following oral surgery. Only clear liquids should be taken if you are nauseated. Carbonated beverages such as ginger ale or 7-Up may help.

INFORMATION CONCERNING ORAL SURGERY PROCEDURES:

The removal of impacted wisdom teeth or the surgical removal of teeth is quite different from removal of normal teeth. The following conditions may occur, all of which are considered normal.

1. A sore throat may develop.
2. You may have a slight ear ache.
3. Your other teeth may ache temporarily.
4. Numbness of the lip and/or tongue is sometimes a complication of removing lower teeth. This is a condition that will usually correct itself and is rarely permanent, but can be.
5. If the corners of your mouth were stretched, they may dry out or crack. Your lips should be kept moist with a cream or ointment, like Vaseline.
6. There may be a slight elevation of temperature. If fever continues or is high for more than 48 hours, please notify Dr. Prehn.
7. Sutures (stitches) may have been used to close the surgical wound. Unless otherwise informed, these sutures will dissolve or fall out in 2-10 days.
8. Bone chips are the body's way of removing bone that is not healthy. Whenever a surgeon cuts tissue, he must injure some of it to accomplish the surgery. Bone is a tissue and bone spicules can be a "normal" occurrence.

An alveolar osteitis (dry socket) may occasionally occur following the removal of a lower tooth. This condition occurs when the clot fails to develop properly or disintegrates in the socket. This problem usually surfaces about three days after the extraction. Phone our office if the pain becomes WORSE each day or the prescription medication does NOT relieve the pain.

If you have any problems or concerns, please call 842-1270.