



PRE-OPERATIVE INSTRUCTIONS

- *Parent/Guardian must be present for minors (under 18).
 - *Know your medical history; illnesses, conditions, medications, complications with previous surgeries, allergies. If you regularly use an inhaler, please bring it with you.
 - *Do NOT eat/drink within 6 hours of surgery. Necessary medications may be taken with a sip of water. If you inject insulin, please discuss with the oral surgeon prior to surgery.
 - *Wear a short sleeved t-shirt or one that allows the sleeves to easily be rolled up. Do NOT bring contact lenses. Piercings near the face/mouth should also be removed.
 - *Bring a responsible adult to: stay during the surgery, drive you home and remain with you during recovery.
 - *Do not drive or operate hazardous machinery on the day of your procedure; do not participate in any activities requiring physical/mental alertness.
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POST-OPERATIVE INSTRUCTIONS

BLEEDING: Bleeding will last for several hours after surgery, perhaps most of the first day. Change your gauze every hour (or wait longer if it's not filling up with blood quickly). When the gauze is light pink, you may leave the gauze out. Light bleeding may be present for a week after the surgery. If you are bleeding heavily, on the evening of your surgery, please don't forcefully spit the blood out. Instead, change the gauze, and make sure to keep pressure on the wounds. Clotting can be improved if the gauze is dipped in ice water, or by biting on a tea bag. Keep your head elevated. To prevent persistent bleeding during the first 24 hours, avoid drinking through a straw, spitting, rinsing vigorously, or having hot foods or liquids. Remove the gauze to eat, drink and sleep.

DISCOMFORT/SWELLING: Pain and swelling from dental extractions, especially wisdom teeth can be quite severe. This is normal and usually takes about 2 weeks to completely resolve. Pain and swelling are commonly worse 2-3 days after surgery, and increase in patients who smoke or clench/grind their teeth.

Medications: Adults > 150lbs with no NSAID restrictions or allergies should alternate between Motrin and Tylenol, according to the regimen below:

- Motrin/Advil/Ibuprofen 600mg - every 6 hours (example: 7am, 1pm, 7pm, 1am)
- Tylenol/Acetaminophen 500mg - every 6 hours (between Advil; 10am, 4pm, 10pm, 4am).

*If pain is not relieved by the Ibuprofen and Tylenol together, take the narcotic as directed. Opiate-containing medications (narcotics) are to be taken ONLY as a last resort because they are addictive. Only take the smallest amount necessary, even a ½ pill may work. Stop taking them as soon as possible; you do NOT need to finish all pills you were prescribed.

Ice: Apply ice packs to cheeks for the first 48 hrs after surgery; 15 min on, then 15 min off.

Pain may radiate to the entire jaw, face and head area due to spasming jaw muscles, often worse in the morning and when grinding teeth. Treat muscle pain by applying moist heat for 10 minutes followed by massaging the areas for 10 minutes several times a day, and continue to take the medications, as indicated above.

DIET, ORAL HYGIENE: For the first 3-4 days, we recommend a liquid/pureed-type diet (mashed potatoes, yogurt, scrambled eggs, smoothies, apple sauce, Jell-O, etc). You may brush teeth normally for faster healing, but keep away from the extraction sites for about 2 weeks. Take in plenty of fluids to avoid dehydration. Do not rinse vigorously. After 3-4 days, you may increase your diet to more solid foods, if your comfort permits. At this point, you should also begin GENTLY rinsing with warm salt water. If you were given an irrigating syringe, you may irrigate the lower wisdom teeth sockets (ONLY) after meals. It is normal to have a foul odor/taste from a tooth socket for about 3 weeks after the procedure. If you have a new denture/flipper, it is a good idea to leave it in your mouth during the first night. After that, it should be removed each night while you sleep.

FEVER, SWELLING, BRUISING AND SUTURES: It is normal for the temperature in your mouth to rise after surgery; this is due to the healing process. A low-grade fever (up to 101° F) sometimes occurs for a few days after surgery. Swelling in the face usually peaks 2-4 days after the surgery, and then resolves over the next few days. Placing ice over the surgery site helps, but ice should only be used on the first two days. Occasionally bruising may occur on the face/neck. This will resolve on its own. The sutures will dissolve, usually 5-10 days after the surgery, unless stated otherwise.

NAUSEA: Nausea can be a side effect from the sedation medicine, prescription narcotics, dehydration, or from swallowing some blood. Nausea usually passes without treatment, but persistent nausea can be treated with non prescription travel sickness medication (Dramamine or Bonine). If your pain is mild, discontinue the prescription narcotic (the most likely cause) and use only a non-narcotic medication such as Advil, Motrin, or Aleve.

DENTAL IMPLANTS & BONE GRAFTS: During healing, avoid chewing near the surgical site for at least 4 weeks. Do not brush over grafted sites or dental implants for a day or two. Then you may brush VERY GENTLY once a day ONLY with a soft bristle toothbrush. Avoid electric toothbrushes.

DO:

Take Advil, 600mg 4 x a day for 3-5 days.
If necessary, take narcotic medicine w/ food.
Change gauze every 30-45 min no bleeding.
your head elevated the first day.
plenty of fluids to keep well hydrated.

DON'T:

Smoke during your recuperation.
Drink thick fluids w/ a straw for 24 hours.
Spit out blood; apply the gauze instead. Keep
Engage in heavy exercise for 5 days. Drink
Brush teeth, irrigate sockets the first day.

THANK YOU for giving us the opportunity to treat you. Please call our office immediately at (719) 722-0540 if you notice severe bleeding, difficult breathing, inability to swallow, persistent vomiting or any other problem. If we cannot be reached quickly, call 911 if you feel there is an emergency.

****SINUS PRECAUTIONS**** Refer to the following for 3-4 weeks, ONLY if you were instructed to do so. The following precautions will assist with healing and closure of the sinus:

- DO NOT SMOKE for 3 weeks. Do not spit, swish, rinse mouth for 10 days.
- DO NOT USE STRAWS. Forceful suction may cause the blood clot to come loose).
- DO NOT BLOW YOUR NOSE or perform a sinus rinse; wiping nose with a tissue is okay.
- DO NOT PLUG NOSE or COVER MOUTH to sneeze. If sneezing, turn away from others and sneeze from your mouth.
- Eat only soft foods for the next 2 weeks; chew food away from the sinus injury
- Take prescriptions as written; Sudafed (over the counter) may reduce nasal congestion
- It is normal to bleed from your nose 1-2 days following surgeries which involve the sinus
- Return for follow up appointments; please inform us if anything changes before your next appointment.