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POST-OPERATIVE INSTRUCTIONS AFTER ORAL SURGERY

Bleeding: After surgery, you may leave the office with gauze in your mouth. This is to stop any bleeding. You only need to leave the gauze in place for 1 hour. Take the gauze out and look for brisk bleeding. If the bleeding has subsided, do not replace the gauze. Only apply another piece of gauze on the site if bleeding continues. Then bite down for another hour. Repeat this process until your bleeding stops. It is quite common to have blood in you saliva intermittently for over a day.

Swelling: Swelling is normal after surgery, especially if a drill was used. Keep an ice pack on your face as much as tolerated for 2 days after surgery. The third day you can switch to heating pads to the face. Remember, the swelling can worsen on the day after surgery. This is normal. If it is accompanied by fever or difficulty swallowing, this may indicate an infection and you should call your doctor.

Hygiene: Keep your mouth clean. Gently rinse your mouth after each meal. After the first day, you should brush & floss twice daily, & be sure to gently clean around the extraction sites. No mouth wash for 1 week. You should use warm salt water rinses beginning the day after surgery to keep everything clean.

Diet: It is ok to eat & drink after surgery, but start slow. Begin with liquids & soft foods. Advance your diet per your comfort level. Avoid using straws for the first 3 days after surgery. Be careful of hot items - it is better to stick with cool or cold foods at first. Do not chew foods while still numb.

Medications: Take you routine medications unless your doctor has stated otherwise. Use your prescription pain medication for severe pain only. For mild to moderate pain, use over the counter medicine like Tylenol or Ibuprofen. Be careful because all pain medication can make you nauseated if taken on an empty stomach.

Nausea: This can be prevented by being careful with the use of the pain medicine. If you feel queasy, stop the pain medicine & lay down. Try to settle your stomach with ginger ale or over the counter Emetrol. If this does not help, you may need a suppository and should call your doctor.

Sutures: Sometimes sutures (stitches) can become untied or loosen. This is not a problem unless you experience a significant increase in pain or fresh bleeding.

Activities: Gentle activities for 1 - 4 days after your surgery. Strenuous activity will slow healing & make you feel bad for a longer period of time.

CONTINUED ON OTHER SIDE

POST-OPERATIVE COMPLICATIONS OF ORAL SURGERY

1. **Dry socket** is a condition characterized by severe pain which usually begins after 3 days. It may also cause an earache. It is treated by placing a pack into the socket.
2. **Numbness of the lower lip**, chin, or tongue may occur following lower jaw surgery. If it occurs it is usually temporary but can be permanent.
3. **Infection** can occur following any surgery. Further surgery may be necessary to treat an infection. It is characterized by swelling, redness and pain. Call our office if these symptoms occur.
4. **Bleeding** is expected, to some degree, for several hours following oral surgery. It can be excessive and require some treatment.
5. **Sinus** involvement can occur and often requires treatment; sometimes surgery.
6. **Damage** to adjacent teeth or fillings.
7. **Swelling and discomfort** is expected for several days following most surgery.
8. **Bruising** can occur and take several days to resolve.
9. **A broken jaw** can occur even though it is a very rare complication of jaw surgery.
10. **Limited opening** of the mouth may occur for several days or weeks. It usually resolves without treatment.
11. **Drug reactions** have a wide range of symptoms, eg. rash itching, nausea, headache, diarrhea. If these symptoms occur discontinue the medication and call the office.
12. **Root tips** may sometimes be left if removing them will require extensive surgery. They usually cause no problems.
13. **Phlebitis** is inflammation of the vein. This may occur where the I.V. was inserted. It will cause a temporary, firm swelling that is tender.