



**965 South Colorado Blvd.
Denver, CO 80246
303-744-1369**

Post Operative Instructions

These instructions are guidelines to follow. If you have any questions we encourage you to call. The office number 303-744-1369 can be called day or night. When the office is closed the answering service will answer and will page the doctor immediately upon request.

Now that your oral surgery is completed follow these procedures to make yourself more comfortable, promote healing and help prevent any possible complications.

GENERAL RULES TO FOLLOW AFTER ORAL SURGERY

- 1) No Smoking
- 2) No Sunbathing
- 3) No Straws
- 4) Bend at Knees
- 5) Limit activities for approximately one week
- 6) Do not rinse or spit for 24 hours

IMMEDIATELY FOLLOWING SURGERY

Bite down firmly making sure the gauze remains in place over the socket sites. Please do not touch it with your fingers or tongue.

WHEN YOU GET HOME

- 1) Wash your hands thoroughly and remove the gauze temporarily.
- 2) Drink 4 oz. of a non-carbonated beverage.
- 3) Eat some soft food (yogurt, custard, pudding, Jello, mashed potatoes, scrambled eggs, milk shake, etc.).
- 4) Take medications (see medications instructions on this sheet).
- 5) Place clean gauze into your mouth and bite down firmly for one hour and repeat one or two times as needed.
- 6) Immediately after gauze is placed in your mouth apply ice bag to your cheek or jaw, ON - 30 minutes, OFF - 30 minutes, for 24 hours except during normal sleeping time.
(Ice is only helpful for 24 hours.)

DIET

- During the first 24 hours after surgery, eat soups and soft foods that are warm, not hot.
- Gradually progress to solid foods.
- Do not skip meals.
- If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster.
- If you are a diabetic, maintain your normal diet and take medications as usual.
- Avoid extremely hot foods.

If you have any questions or problems, please do not hesitate to call 303-744-1369 day or night.

SPECIAL INSTRUCTIONS

24 HOURS AFTER SURGERY

1. Dissolve one teaspoon of salt in an 8 oz. glass of warm water. Do not rinse vigorously because this may dissolve the blood clot and possibly delay healing.
2. Rinse four times a day for five days. Rinsing flushes away food particles which may have lodged around surgery sites.
3. You may brush your teeth carefully but avoid the surgery sites.
4. If there is swelling or stiffness, apply moist heat to the outside of your face. Do not use heat continuously - only twenty minutes out of every hour.

MEDICATIONS

- Pain medications should be taken on a full stomach.
- No driving or alcohol with pain medications.
- Antibiotics should be taken on a partially empty stomach unless instructed otherwise.
- For prescription refills, please call only during business hours.

ADDITIONAL GUIDELINES

Nausea: Stop all medications. When nausea disappears, take one ounce of a carbonated drink, such as ginger ale for a short while. If there is no nausea, advance diet to broths and clear liquids. If no nausea after a short while you can resume soft foods. At this point medication should be started again.

Oozing: A little bleeding or oozing is normal. If simple bleeding continues after you have removed the gauze, it can be controlled by gentle pressure. Apply gauze to the area, covering the socket sites as completely as possible and apply light pressure with the mouth closed. Do this for about 30 minutes and repeat if necessary.

Persistent Bleeding: Soak gauze in strong tea and place firmly on the bleeding area. On top of this, place another gauze pad and apply pressure by biting firmly, or simply bite on a moistened tea bag for 30 minutes. Do not sleep at night with gauze in your mouth. Cover your pillowcase with a towel to prevent staining.

Pain: Some pain and discomfort can be expected. Carefully following post-operative instructions will help to minimize this. A prescription for pain medication has been written for you. Take the medicine as directed. (See MEDICATIONS section)

Stiff Jaw: Chew sugarless gum at intervals. This helps relax tension and brings relief. Begin to exercise your jaw within a few hours following surgery. At first, do not attempt to open your jaw as far as you could before the surgery. Please wait several days before you try this.

Sharp Bony Edges: If you feel something hard when you place your tongue on the surgical site, you are feeling the bony wall which originally supported the tooth. Small spicules of bone may work themselves loose during the next week. These are not pieces of tooth. If there is a problem please return to the office for an examination and possible removal.

Pain at Site of Intravenous Injection: Place warm moist compresses over site and call the office.

Swelling: Swelling peaks approximately 48 hours after surgery and can remain for up to 5 days. If you have any concerns, please call.