

RETURN FOR POSTOPERATIVE TREATMENT

On _____ At _____

IMPORTANT INSTRUCTIONS FOR YOUR HOME CARE COMFORT FOLLOWING OPERATION ON YOUR TEETH, GUMS, JAW, LIPS OR CHEEKS.

FIRST TWENTY-FOUR (24) HOURS AFTER SURGERY

- 1) Approximately 30 – 60 minutes after you arrive home, remove any gauze pads which were placed over the operative areas before you left the clinic. If drainage should persist, replace with fresh 2x2 sterile gauze pads and apply pressure by biting for approximately 30 minutes. You may repeat this procedure every 30 minutes until drainage stops. If red saliva is seen after looking in the mouth do not be alarmed, gauze does not need to be placed in this situation for this slight oozing may continue for several days. If unsuccessful in stopping drainage, please contact the clinic.
- 2) An ice bag should be used during the first 24 hours to prevent swelling. These ice bags should be used on each operative side and should be wrapped in a wet towel. Use the cold packs until bedtime and then follow with moist heat the following morning until 24 hours have passed. A good way to hold ice bags on each side of the face is to pin the toes of two long socks together then place two zip-lock bags with crushed ice down each sock then tie each end over the top of the head.
- 3) It is better to rest on two or more pillows or in a recliner and remain in a reasonable upright position for the first 6-8 hours after you arrive home. General rest should be followed for several days following any oral surgery procedure.
- 4) You may rinse the mouth lightly with room temperature water before taking fluids or medications.
- 5) Drink plenty of fluids, Gatorade, 7-up, juice, gingerale, water, tea or coffee. Can eat soups or milkshakes.
- 6) Try not to miss a single meal beginning with soups and soft foods and gradually progressing to solid foods. It's better to have 5 or 6 small meals daily.
- 7) Keep lips and corners of mouth lubricated with Vaseline or Chapstick.
- 8) It is imperative you keep your follow-up appointment for removal of Dry Socket Preventive Packing if placed. The doctor will inform you prior to discharge if packing was placed.

INSTRUCTIONS TO BE FOLLOWED AFTER THE FIRST 24 HOURS

- 1) Discontinue the use of ice. In order to reduce swelling use applications of moist heat to the face. You may use a hot water bottle around which a wet towel has been wrapped. Do not be alarmed at an increase in swelling.
- 2) You should begin to use hot water rinses to the mouth every hour, use ½ teaspoon of salt, Epsom salt or soda in a glass of hot water. Irrigating rinses should not be swallowed. This is one of the most important things that must be done in the postoperative course. Rinse very gently.
- 3) Maintain oral hygiene with a tooth brush, being careful not to irritate the surgical area. You may use Q-tips to cleanse tender areas. Brushing of the tongue is recommended. Mouth wash of your choice may be used. Rigid cleanliness of the mouth is essential to rapid healing and to prevent or control any postoperative infections.
- 4) Continue the use of any prescription drugs as directed.
- 5) A nutritionally balanced diet of solid foods and liquids is essential for healing and gaining strength. Fluids should be taken in extremely large amounts.
- 6) Rest is a very important factor in healing. Beware of heavy physical activity for two to four days following your oral surgery procedure.
- 7) You should continue the use of Vaseline or Chapstick for lips and corners of the mouth.

GENERAL REMARKS:

Do not disturb the blood clot that fills the wound after extractions. In a few days, the blood clot will change to a yellowish or grayish appearance and have a slight odor. This does not indicate an infectious condition.

The hard edges or prominence of the bony process noticed after an extraction and sometimes mistaken for a part of the tooth, are soon covered with tissue and will smooth down by absorption.

Do not be alarmed about numbness or tingling of the lips, chin or tongue. Stiff joints, black or blue discoloration of the face, cracked corners of the mouth, slight fever or bony cavities in the operative areas are conditions that are only temporary and are often associated with oral surgical procedures.

FOR PROBLEMS CONTACT DR. BLOOMER

OFFICE (325) 691-1140

POSTOPERATIVE INSTRUCTIONS

Bleeding Prevention

Bite on gauze for 30 – 60 minutes then take it out. Expect some red spit to stay in your mouth. Try not to spit this out because it can aggravate bleeding. If you feel that bleeding is active bite on gauze / tea bag, for 15 – 30 minutes with hand on chin. Open your mouth slowly at the end of this period then remove gauze / tea bag. Check with flash light.

Swelling Prevention

Apply ice to your face today, off and on, then moist heat tomorrow. You will have swelling during the night; this can be reduced by elevating your head during sleep.

Dehydration Prevention

Diet: liquids for lunch then soft food tonight. Tomorrow eat as you feel but try to avoid foods like popcorn.

Pain Prevention

Start non-narcotic pain medication 2 hours after surgery. Consider taking a nausea medication if you want to be sleepier through this pain episode. Most third molar patients will receive two prescriptions; one for pain and one for nausea. Consider taking 1/2 or 1 pain pill with or without a nausea medication. Try to stop narcotic pain pills and go to ibuprofen / Advil type medications if possible. Avoid ibuprofen / Advil medications if it burns your stomach.

Nausea Prevention

Remember pain medications cause all of us nausea / vomiting depending on our drug tolerances. Chase all medications with something liquid. Some especially sensitive people will have to cut their pain pills in half or thirds and take this smaller portion. Others will only need ibuprofen / Advil type medications.

Dry Socket Prevention

The cleaner your mouth is the better. Do not smoke the day of surgery. **Don't forget to come back 1 week after surgery to have packing removed if packing was placed.**

It's OK to rinse with your special mouth rinses the night of surgery. Brush your teeth the night of surgery; just be careful around extraction areas. Remember the cleaner your mouth is for three days after surgery the fewer complications.

Questions

Dr. Bloomer will attempt to call you tonight or tomorrow; write down any questions that you might want to ask.

Many people with the above postoperative techniques seem to have uneventful recoveries and will often feel like doing something the night of surgery. It's OK with Dr. Bloomer as long as you don't drive or operate any hazardous machinery or climb trees etc.....

Good Luck!!