

Care of the Mouth After Oral Surgery

Medications

Resume your normal daily medications unless otherwise directed by Dr. Schneider. If an antibiotic has been prescribed, you will take the first dose 2-3 hours after surgery and the second dose at bedtime. Continue taking the antibiotic medication as directed.

If you are presently using birth control pills and taking antibiotics, it is advisable to use an additional method of birth control because antibiotics may decrease the effectiveness of the oral contraceptives.

Pain Management

It is normal to experience pain following oral surgery. Use of over the counter Ibuprofen (i.e. Motrin or Advil) of 600-800 mg and extra strength Tylenol at 500-1000 mg is recommended. Dr. Schneider may also prescribe a narcotic pain medication such as hydrocodone (i.e., Norco or Vicodin).

After you have had a small amount to eat and before the local anesthesia (numbness) has worn off you will take your first dose of Ibuprofen. Three hours after the Ibuprofen was taken you will take Tylenol.

Then in another three hours you will repeat the Ibuprofen dose. You will alternate the pain medications every 3 hours as needed.

If you feel you need something stronger to manage the pain, you can replace the Tylenol with the prescription hydrocodone (1-2 tablets). Alternate with the Ibuprofen the same way every three hours.

Nausea

Nausea is not an uncommon event after surgery. If you experience nausea and vomiting it is most likely due to the prescribed narcotic pain medication (i.e. hydrocodone, or Vicodin). Take the anti-nausea medication as prescribed. You should also stop taking the narcotic pain medication and replace it with extra strength Tylenol.

Bleeding

Following oral surgery, bleeding is normal for up to 24 hours. Gauze will be placed at the surgery site before you leave our office and should be changed approximately every 30 minutes as needed. If bleeding persists place a moistened gauze pack over the surgery site and bite firmly. The pressure of the gauze will aid in clotting the blood. You may carefully brush your teeth and then gently rinse your mouth. **DO NOT** vigorously rinse, smoke, or use a straw for at least 48 hours as this may increase bleeding and the risk for developing dry socket. On the third day begin to gently rinse the surgical site with regular warm water or salt water (one half teaspoon salt in eight ounces of water). This needs to be done after each meal and at bedtime for about 7 days.

Bone Grafting

If a bone graft was placed at the extraction site, **no vigorous rinsing** should be done for **3 weeks**. A very gentle rinse may be done after brushing your teeth. The bone grafting material is made up of small particles with a grainy consistency. It is common for patients to feel a few of these particles in their mouth on the first day after surgery.

Swelling

Following the removal of impacted wisdom teeth or other oral surgery, it is expected that patients will swell. Swelling will increase for the first two days after surgery. To minimize swelling, it is recommended to place ice packs on the face, over the area of the surgery for twenty minutes, with ten-minute rest intervals. This should be done for 24-36 hours. After 48 hours heat may be applied to aid in healing and to help resolve any jaw stiffness and limited opening.

Sutures

Sutures may be placed following surgery. Absorbable sutures will become loose and fall out after several days. Do not let this concern you.

IF YOU HAVE ANY QUESTIONS, CONCERNS OR PROBLEMS ABOUT YOUR PROGRESS AND RECOVERY, DO NOT HESITATE TO CALL THE DOCTOR.

Please return for post-operative care on _____,
_____AM _____PM

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