

ALAMO HEIGHTS ORAL AND MAXILLOFACIAL SURGERY HOME CARE INSTRUCTIONS

Sometimes the after-effects of oral surgery are quite minimal. Not all of the instructions may apply in your specific case. Common sense will often dictate what you should do. If you have any questions please call our office. **210-828-8500**

1. Keep biting on the gauze in your mouth for 1 hour. If you have heavy bleeding after that time, replace the gauze and bite firmly for another hour. It is best to moisten the gauze with tap water before placing into your mouth. It is normal to have some oozing for a day or so. If you have prolonged bleeding, dampen the **tea bag** you've been provided and apply it to the extraction site with firm pressure for 45 minutes.
2. Apply ice wrapped in cloth to the outside of your face for the remainder of the day. Twenty minutes on and twenty minutes off works well for most people. Ice will not help your recovery after the day of surgery.
3. Ibuprofen (Motrin, Advil, etc.) is an excellent medication for mild to moderate pain and post-surgical inflammation. Adults may take 800 mg of Ibuprofen 3 times a day and it works best if taken regularly for the first 3-4 days following surgery. Plan on taking this medicine as your first line management for pain. You may add the stronger medicine (item 4) if needed.
4. A narcotic medication (Vicodin, Codeine, etc.) is often prescribed for severe pain. You should not drive a car, operate machinery, or drink alcohol when taking narcotic medication. These drugs sometimes make people feel sick to their stomach and are best tolerated when taking something to eat or drink. Remember; consider taking the ibuprofen first if you can.
5. If you were prescribed an antibiotic, you should take it as directed on the bottle until all of the medication is used.
6. Do not brush or rinse your mouth on the day of surgery. The following day you may brush as you normally would and you may rinse with either tap water or salt water (1tsp salt in 12oz of warm water) as often as you'd like.
7. You should avoid hard crunchy foods, carbonated beverages, and commercial mouthwash for a few days. Soft mushy foods are best. You will not cause damage to your mouth by eating. Make sure that you drink plenty of fluids even if you are not hungry or ready to eat. Dehydration can make you feel weak, tired, light-headed, or sick.
8. Smoking delays healing and is known to increase your risk of a dry socket. You should avoid smoking for a minimum of 48 hours if at all possible.
9. If you experience an increase in your pain 3-4 days after your surgery, and if your pain medicine does not seem to be as effective as it initially was, you may be developing a "dry socket". Contact our office for a follow up visit as needed or if you have any concerns.
10. Most patients are sore for a few days following surgery. Nearly all are able to resume work, or return to school, on the second post-operative day from their treatment.

Please do not hesitate to call the office if you have any questions or would like to be seen for any unscheduled follow up. Thank you for allowing us to care for you.

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