

Oral Surgery Post Operative Instructions

Jerri D. Hines, DDS

Oral and Maxillofacial Surgery

Office: Pembroke Pines East

Oral Surgeon's Name: Jerri D. Hines, DDS

Office Phone Number: (954)-438-1965

Oral Surgeon's Number: (786)-377-4344 (24/7 Service Line)

***You may call and/or text message this number**

Anesthetics: The length of time you experience numbness varies depending on the type of anesthetic you have received. While your mouth is numb, be careful not to bite your cheek, lip, or tongue. The numbness from the anesthetic should subside within a few hours. If your numbness persists past 24 hours, please call the office. Drowsiness may persist for several hours following sedation; this is normal. Be aware that pain control prescriptions also cause drowsiness. DO NOT operate any vehicle, device, or machinery if you are still taking narcotic pain medications.

Bleeding: Your dentist will place a gauze pack in the extraction site to limit bleeding and confine the blood while clotting takes place. Remain biting on the gauze pad in your mouth for thirty (30) minutes. DO NOT chew on the pack. Change the pad every thirty (30) minutes, or as needed, until the bleeding stops by folding a piece of moist gauze into a pad thick enough to bite on. Place the pad directly on the extraction site. Maintain biting pressure for thirty (30) minutes. If the pad becomes soaked, replace it with a clean one as necessary. If the bleeding continues after the above measures, soak a tea bag then wrap it in gauze, place it firmly in the area of bleeding. On top of this, place gauze and apply pressure by closing the teeth together. DO NOT lie down until the bleeding has stopped and DO NOT sleep with the gauze. Apply an ice bag to the cheek and avoid hot liquids. DO NOT suck on the extraction site. Blood streaked saliva may persist for the first several days; this is normal. If bleeding is excessive during the night and you are concerned, please call the office at the phone number listed above. If unable to contact the office, go to the nearest hospital emergency room for treatment. (Remember that a lot of saliva and a little blood can LOOK like a lot of blood). While sleeping elevate the head with three pillows.

Swelling: Facial swelling is normal following most extractions. You can help reduce swelling and pain by applying cold compresses to the face for twenty (20) minutes on and five (5) minutes off for the first 24-48 hours. Sit with your head elevated and sleep with 2-3 pillows, or in a recliner. Swelling normally increases for 3 days and begins to subside about the fifth day.

Pain: You may take ibuprofen/ motrin as directed by the Oral Surgeon. If this does not relieve your discomfort the pain control prescription you were given should be taken as directed. These medicines can be taken together, but they are dosed at different timing intervals. PLEASE READ THE INSTRUCTIONS ON THE MEDICATION BOTTLE. If the medication prescribed does not seem to work for you DO NOT increase the dosage. If you have prolonged severe pain, swelling, bleeding, or fever, please follow the directions listed under "**EMERGENCY**" below.

Rinsing/ Oral Hygiene: DO NOT rinse, spit, smoke or suck through a straw until the next morning. These activities may dislodge the blood clot, start bleeding, and delay healing. Starting 24 hours out, you may begin gently rinsing with salt water rinses following meals. Mouthwash may be used starting 72 hours out. Resume brushing your teeth using care in the surgical areas the morning following surgery. Use a soft bristled brush so that you do not injure the tissues in your mouth. The tongue should be brushed to help eliminate bad breath and the unpleasant taste that is common after an extraction. Gently rinse your mouth with warm water (1/2 teaspoon of salt to a large glass of water). You should rinse with this warm salt solution in the morning, after every meal and before bed. Rinsing after each meal is important to keep food particles out of the extraction site. Remember to rinse gently and avoid using commercial mouthwash or mouth rinse for the first 72 hours during the healing period.

Diet: A good diet is essential following surgery. Initially, soft foods high in nutritional value are recommended. Return to a normal diet as soon as possible. Stay with cool or lukewarm foods. Fluid intake following surgery should be increased with emphasis on water and fruit juices. DO NOT suck fluids through a straw. Avoid all carbonated beverages for 72 hours.

Smoking/Drinking: DO NOT smoke or drink alcoholic beverages for at least (7) days following your surgery. Smoking greatly slows the healing process and is the major cause of dry sockets and infections, a very painful complication.

Other Possible Side Effects: There may be a slight elevation of temperature for 24-48 hours. If a temperature continues, notify the office. There may be a slight earache. If the corners of your mouth are stretched, they may dry out and crack – keep the area moist with cream or ointment such as Vaseline or Neosporin. Your other teeth may ache temporarily (sympathetic pain). Stiffness of the jaw or trouble opening is normal as well. If encountered, use a warm compress and massage the jaw to help relax the tension.

Emergency: If following surgery you feel the need for emergency treatment, please (1) come to our office if it is during office hours, (2) if the office is closed call the office to get the emergency number in order to reach the oral surgeon or (3) if you are unable to contact the oral surgeon go the nearest hospital emergency room for treatment.