

# ORAL SURGERY POST-TREATMENT CARE INSTRUCTIONS

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**PAIN MANAGEMENT** If you do not have an allergy or other contraindication to non-steroidal anti-inflammatory medications like Ibuprofen (also known as Motrin or Advil) we recommend taking this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication which you have been prescribed. Alternate Ibuprofen and the narcotic medication. First, take narcotic medication then 3 hours later take 600 mg (3 tablets / 200 mg each) of Ibuprofen. Alternate these medications as prescribed. While taking a narcotic pain medication you may not drive or operate mechanical machinery. The narcotic pain medication will make you drowsy. Once you feel like you can stop the narcotic, you should use only Ibuprofen or Tylenol. All medication should NOT exceed the recommended dosage. Some of these medications can cause nausea if taken without food. Dairy, such as yogurt, is a great choice to take with or before you take medications as it is easy to swallow. If you continue to experience nausea or stomach upset you may need to take less of the Ibuprofen or take it in divided doses, taking one 200 mg tablet every 15 minutes until you have taken all three.

**SWELLING** The swelling will not become apparent until the day following surgery and will not reach its peak for 3-4 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours.

**ANTIBIOTICS** If an antibiotic is prescribed, take as directed and until it is gone. Antibiotics help prevent infection. Make sure to call the office if a rash or other unfavorable reactions occur.

**DRY SOCKETS** If a dry socket occurs (loss of blood clot from socket) there is constant pain that may radiate to other areas including ear, jaw, and teeth. Symptoms of a dry socket do not occur until at least the 3rd to 4th day after the procedure. If you do not have improvement during the first few days following the procedure, call the office. A medicated dressing may be placed if medications do not resolve the discomfort. To help prevent a dry socket avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking, and exercising for 2-3 days after procedure. You may gently rinse your mouth with a diluted mouth rinse of your choice after one day.

**DIET** After general anesthetic or I.V. sedation, start with liquids. Patients may have applesauce, pudding, or Jell-O. Patients should avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas.

**ORAL HYGIENE** The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Should bleeding resume after brushing, repeat the use of gauze as described above. DO NOT rinse your mouth the day of surgery. We have enclosed a syringe to irrigate the extraction sites. Please do not use for the first week after surgery, as irrigating too soon increases your risk of dry socket. In 1 week, you can use a mixture of half Chlorhexidine and half water. If you have not been prescribed Chlorhexidine you may use salt water (1Tbsp salt in a glass of water). Irrigate site(s) gently 2 times a day (morning and night) or after meals until clean of food debris. Slight bleeding may occur.

**ACTIVITY** For the first 48 hours, you should rest and relax with no physical activity. After 48 hours, resume activity as tolerated.

**HEALING** Bad breath is common and will disappear as healing occurs. Two to three days following surgery, white/grey, possibly hard tissue may be seen in the surgical site. This signifies normal, healing tissue. Complete healing of the extraction site may take 6-8 weeks for full closure of the site.

**SUTURE/STITCHES** Sutures will fall out on their own. It is normal for a suture to come out on the day of surgery. If bleeding occurs because the sutures have fallen out, bite on gauze to apply pressure as described above.