

DENTAL IMPLANTS

WISDOM TEETH

TMJ

CORRECTIVE JAW SURGERY

FACIAL TRAUMA

ANESTHESIA

www.sacramentooralsurgery.com

7551 TIMBERLAKE WY.  
SUITE 120  
SACRAMENTO, CA 95823  
916.423.4092

2503 K STREET  
SACRAMENTO, CA 95816  
916.448.4500

1737 PROFESSIONAL DRIVE  
SACRAMENTO, CA 95825  
916.482.3444

1603 EUREKA ROAD  
SUITE 100  
ROSEVILLE, CA 95661  
916.782.6868

**HOME CARE INSTRUCTIONS FOLLOWING ORAL & MAXILLOFACIAL SURGERY**

*Tooth extractions, removal of impacted teeth and other surgical procedures require the same post-operative care as surgical procedures performed on other parts of the "body". Please read and follow these directions carefully.*

**GENERAL ANESTHESIA:** Make sure the patient is accompanied by a responsible adult until they are alert and coordinated enough to walk without the danger of falling and injuring themselves. This is particularly important if the patient should arise on the evening of surgery to use the bathroom. They should be accompanied to prevent injury. The patient should not drive or operate machinery until the effects of the anesthetic agents have dissipated. The time required will vary with the length of the anesthetic procedure. Short procedures (up to 15 minutes) will usually require a recovery period of 24 hours or more. Procedures lasting more than 15 minutes will usually require a recovery period of 48 hours or more.

**LOCAL ANESTHESIA:** It is important not to consume any hot food or drink or chew any solid food until the effects of the local anesthetic are totally gone. This is particularly important in children.

**BLEEDING:** It is important to exert firm pressure over the surgical wounds for at least 3 hours following the surgery. This can only be done with properly placed gauze- packing. The importance of this phase of post-operative care cannot be overemphasized. The pressure will prevent bleeding into the adjacent tissues minimizing swelling and the chance of post-operative complications. If after the initial gauze packing is removed there is persistent bleeding, new moistened packs should be made and placed directly over the surgical areas for an additional 2 to 3 hours. Biting on a moistened tea (not herbal tea) bag, using the same time interval as above, may be helpful for persistent bleeding because tea has tannic acid in it which can help stop bleeding. It is common to have blood tinged saliva for 2-3 days after surgery. Bleeding sometimes recurs 2-3 days following surgery if the blood clot in the socket is disturbed. The bleeding usually occurs while the patient is asleep. It is usually caused by the patient inadvertently disturbing the clot with their tongue. Should this occur follow the above outlined instructions until the bleeding is controlled.

**NAUSEA:** It is uncommon to experience nausea after surgery and general anesthesia. This can be decreased by having the patient lie flat or with the head slightly elevated and having minimal movement. Anytime the patient gets up, he or she should do so with slow movements and assistance. Ingest only clear liquids to help minimize nausea (water, 7-up, ginger ale). Stay on clear liquids until the nausea passes.

**PAIN:** Use your prescription only as directed on the label. The patient will be comfortable following surgery due to the local anesthetic placed in the surgical sites during the procedure. When the local anesthetic wears off, the patient will experience pain. It is best to stay ahead of the pain by taking your prescribed pain medication. Therefore you should take the pain medication before the anesthetic wears off. You may take one pain pill as soon as you get home and then one as soon as any pain is felt. After taking the second pill, take the remainder as prescribed on the label. Most pain medications are narcotics and may cause nausea. Take a full 8 ounces of a clear liquid (water, 7-up, or ginger ale) when taking the pain pills, to minimize nausea.

**MOUTH RINSING:** Unless otherwise directed DO NOT rinse your mouth on the day of surgery. Begin rinsing gently around the surgical sites the day following the surgery. Rinse with a full glass of warm water. Perform this rinsing 4 times per day if possible. Take a mouth full of the warm water and rinse vigorously enough to hear the solution moving across the surgical sites. Each mouthful should be used a minimum of thirty seconds before discarding. Repeat the procedure until the glass of warm water is completely used. You may also resume brushing your teeth, avoiding the surgical sites. Over the next few days you may start brushing over the surgical sites gently, gradually increasing the force of cleansing in these areas. If given an irrigation syringe, use the syringe with warm water and gently irrigate the sockets beginning 1 day after surgery and increasing vigor as days progress. Continue this irrigation until the sockets are totally closed. (This can take anywhere from 1 week to 2 months.) Avoid food like nuts, popcorn and raw vegetables until sockets are totally dosed.

**DISCOLORATION:** You may develop black and blue areas adjacent to the surgical sites. These are caused by bleeding into the adjacent tissue and are of little significance. They will turn green, then yellow and gradually fade over a 4 to 5 day period. The areas of discoloration may migrate down the neck to the upper chest.

**SWELLING:** Swelling is normally expected after oral surgery and may be minimized by the immediate use of cold packs for the first 8 to 12 hours. Apply the cold pack to the outside of the face directly over the surgical sites. Do this 10 minutes on and 10 minutes off while awake. The swelling is usually the greatest on the 2nd and 3rd days after surgery and then slowly resolves. Warm moist heat (a hot water bottle or a warm moist towel), may be used over the outside of the face 10 minutes on and 10 minutes off starting on the 3rd day after surgery and continuing until all swelling and/or bruising is gone.

**DIET:** It is important to maintain an adequate intake of fluids and nourishment for optimum healing. The ability of the body to fight infection is also linked to adequate nutrient intake. Drink at least 6 large glasses of water or fruit juice daily. A high-calorie, high-protein diet is recommended. Chewing may be a problem and food choice is therefore limited. If solid foods cannot be taken, supplement a balanced soft diet with 2 or 3 servings of a liquid dietary supplement such as Meritene, Ensure, Sustacal, Nutriment or Instant Breakfast. (All of these products can be obtained at a pharmacy without prescription.) Avoid hot or hard foods for 48 hours because these can dissolve or dislodge the clot. Avoid fatty foods, as these may cause nausea. Also avoid using straws or spitting because the negative pressure created may cause premature loss of the blood clot, resulting in a "dry socket."

*Some food suggestions include:*

- Fruit juices
- Strained or blenderized cooked foods, vegetables, or meats
- Cottage Cheese
- Eggs
- Cooked/thinned cereals
- Strained/blenderized soups (made with milk)
- Pudding, custard, gelatin, ice cream, sherbet

**SMOKING:** Smoking increases the incidence of post-operative complications (specifically "dry socket") and should be avoided for 1 week following oral surgery.

**DRY SOCKET:** If you experience a sudden increase in pain 3-5 days after surgery you may have osteitis or "dry socket." This can be mildly painful requiring over-the-counter pain medication such as aspirin, Tylenol or Advil, or it may be intensely painful requiring a medicated dressing in the socket for pain relief. Do not hesitate to call the office should you notice these signs.

**ANTIBIOTICS:** If these were prescribed, please take as directed until they are all gone. **If you take birth control pills, their effectiveness may be decreased and you may have an increased chance of pregnancy while simultaneously taking birth control pills and antibiotics. During the time you are taking antibiotics you should use another form of birth control.**

**INTRAVENOUS SITE:** This is the site where the intravenous line was placed at the time of surgery if you received a general anesthetic. This area may, rarely, become ropy or tender to the touch shortly after surgery. It is usually not dangerous but should be brought to the doctor's attention at the follow-up visit. If this ropiness in the vein occurs it may take months to resolve.

*The patient should improve daily. If you are in doubt about any of the above instructions or the status of the patient call our office at 423-4092 (South area office), 482-3444 (North area office), 448-4500 (Midtown area office), or 782-6868 (Roseville office).*

The instructions regarding the post-operative care of \_\_\_\_\_ have been explained.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Relation to Patient \_\_\_\_\_

White: Patient Copy

Yellow: Office Copy

Please return for your next appointment on:  Mon  Tue  Wed  Thurs  Fri \_\_\_\_\_ @ \_\_\_\_\_