

WHAT TO EXPECT AND HOW TO CARE FOR YOURSELF IN THE POST-OPERATIVE PERIOD

THE INSTRUCTIONS YOU ARE GIVEN AID IN SPEEDING YOUR HEALING AND AVOIDING POST-OPERATIVE COMPLICATIONS. FAILURE TO FOLLOW THEM EXACTLY CAN LEAD TO SIGNIFICANT PROBLEMS. PLEASE READ THEM CLOSELY. FEEL FREE TO CALL IF YOU HAVE ANY QUESTIONS.

- *NO smoking for 5 days.
- *NO straws or spitting for 5 days.
- *NO strenuous activity for 5 days.
- *NO carbonated beverages for 5 days.
- *NO alcoholic beverages for 5 days.
- *Take medications as directed.
- *Follow diet instructions closely.
- *Use cold packs to the cheeks as directed.

BLEEDING: Some slight bleeding is to be expected for the first 24 hours. Place the folded gauze **directly over the surgical areas** and bite with firm pressure for 1 hour. If bleeding continues, change the gauze every 45 minutes. You may leave the cotton out when it is red but not soaked through when changed. **Do not chew on the gauze. Do not spit. Do Not Rinse.** If the gauze is not working, bite on a moistened tea bag for 45 minutes and repeat once or twice. Plain Lipton tea or other black tea is best. If still not controlled, call the office, preferably before the end of the day.

SWELLING: Significant swelling is normal after difficult extractions. **The regular use of cold packs will greatly improve your comfort and decrease your swelling.** Cold packs should be applied to the cheeks over the surgical sites for the first two days. Alternate the cold packs about 20 minutes on each side. **Remember that the swelling may be bigger the second or third day.**

MEDICATION: Take all medications **exactly** as directed. The instructions on the bottles should be clear. If you have any problems with the medications, call the doctor. Do not drive or operate machinery if using narcotic pain medicines.

BRUISING: It is not abnormal to see bruising after a surgical procedure. It will usually begin to resolve after four or five days but may last for over a week. No treatment is usually needed.

NAUSEA: Nausea may occur after anesthesia and after certain medications. Be sure and follow all medication instructions closely. Cool 7-up or regular Coke is often helpful and will not cause harm if used moderately. If nausea is severe or persistent call the doctor.

DIET: The day of surgery, frequent intake of cool liquids and non-chew foods is very important to avoid dehydration and support good nutrition. (Milk, juice, yogurt, smoothies, applesauce, pudding, shakes, cottage cheese, etc.) The day following surgery, cool or warm liquids and soft foods may be taken as comfort allows. No significant chewing should take place for several days. Foods such as chips, hard breads, nuts, seeds, and chewy foods should be avoided until the post-op visit.

ORAL CARE: Starting the day after surgery, **brushing** your teeth is OK. Also begin frequent warm water rinsing the second day. (Every two to three hours is fine.) Salt water rinsing is OK but not necessary. If you had lower wisdom teeth removed, **start using your syringe three days after surgery to rinse the lower sockets.** Rinse them well with warm water after eating and before bed. Place the tip of the syringe directly over or into the sockets.

ACTIVITY: Remember, excess activity will increase the likelihood of problems with healing and prolonged pain. Avoid sports and exercise for five to seven days. If activities cause soreness, refrain from doing them for a couple of days and then try again.

IMPACTIONS: After removal of impacted wisdom teeth, much swelling, jaw stiffness, oozing, bruising and soreness can be expected. These things have been explained to you at your pre-op visit. If any symptoms seem unusual, call your doctor.

DRY SOCKET: Dry sockets can usually be avoided by following instructions closely. If severe, throbbing, aching pain persists past the third day and is not well controlled with the medications, you may have a dry socket. Call the office if these symptoms occur.

OTHER: Slight elevations in temperature are normal for a day or two. Certain medications may cause constipation. Drink plenty of fluids if using the narcotic pain medications.

This information is also available on our web site: www.drgbeaty.com

MEDICATION INSTRUCTIONS

Remember to always follow the medication instructions as written on the bottle and call the office if you have any unusual reactions to any medications.

MOTRIN (IBUPROFEN): Use the motrin as your primary pain medication. Take as instructed on the bottle. Be sure and take with food in your stomach. If you need to take the vicodin, still take the motrin on schedule as it will help to reduce the swelling and pain more than the vicodin alone.

VICODIN/CODEINE: Use as a supplement to your motrin only as needed for pain. Too much of these medications can cause nausea and constipation. Take only as instructed on the bottle. When taking narcotic pain medicine, rest and sleep as possible since the medications can cause light headedness and fainting. Under no circumstances drive or operate machinery while using any narcotic medications.

PERIOGUARD/PERIDEX: You will start to use the rinse medicine two days before surgery and continue the rinse beginning the evening after your surgery. Continue using the rinse until your post-operative visit. Use the rinse exactly as directed on the bottle. On occasion it can cause some staining of your teeth but this will come off with your regular cleaning.

ANTIBIOTICS: Antibiotics help to minimize the potential for infection. Use exactly as directed on the bottle. Take until all are gone unless you have been told to stop by the doctor.

If you are having problems with any of your medications, call the office for guidance.

POST-OPERATIVE INSTRUCTIONS

WHAT TO EXPECT AND HOW TO CARE FOR YOURSELF PROPERLY AFTER YOUR SURGERY

For Third Molar Surgery and Dental Extractions



Center For Oral, Maxillofacial and
Implant Reconstructive Surgery

3737 Moraga Avenue, Suite B-200
Ph: 858-272-7086 * Fax: 858-272-7289
e-mail: info1@drgbeaty.com
Web Site: www.drgbeaty.com