



The following instructions are intended to provide you with the means to minimize postoperative complications. Please read the directions carefully and do not hesitate to ask any questions you might have

CARE OF THE MOUTH FOLLOWING SURGERY

1. **BLEEDING:** Bite on gauze pad for 20-30 minutes then discard. Continue to change gauze pads until bleeding has subsided. If bleeding continues, fold gauze tightly, place over bleeding area and maintain firm biting or finger pressure for 30 minutes. A tea bag, wet or dry is an excellent substitute for a gauze pack. Avoid frequent pack changes, rinsing, or physical exertion until bleeding has ceased.
2. **DO NOT RINSE** your mouth today. DO NOT use straws for drinking. Tomorrow, rinse every three to four hours using warm water. Continue several days.
3. **Diet:** No eating or drinking for one hour. Hot, spicy or coarse foods should be avoided. Avoid popcorn and peanuts that may become stuck in the tooth extractions sites. Any other food that the patient can tolerate is permissible. It is important that the patient drinks at least 2 quarts of fluid per day. Liquid supplements (Meritene, Nutrament, etc) available at your pharmacy and baby food are excellent food sources for those few days, if needed.
4. **NO SMOKING OR ALCHOLIC BEVERAGES**
5. **ANESTHESIA :** Patient who have received a general anesthesia should:
 - A. Not drive a vehicle or operate any machinery within the same day of surgery
 - B. Not undertake any responsible business matters within the same day of surgery
 - C. Not drink any alcohol on day of surgery
 - D. Not take any medication without approval
6. **PAIN:** Pain is to be expected and may be severe for the first few hours. One must:
 - A. Take the prescribed medication before the anesthetic wear off, and the pain becomes evident, usually one to two hours following the procedure.
 - B. Take the medication to relieve pain. If dizziness or weakness is experienced you should like down.
 - C. Approximately 45 minutes should be allowed for you to become aware of the effect of pain medication.
7. **SWELLING:** Swelling is to be expected and may reach its maximum up to three days after surgery, but it is no cause for alarm.

- A. Applying an ice bag, frozen peas, frozen corn, or chopped ice to the operated area 15 minutes on and off for 15 minutes during the first 48 hours. After 48 hours substitute a hot water bottle or hot towel in the same manner until swelling has receded.
 - B. Keeping your head slightly elevated when lying down(i.e. extra pillow to two)
8. Bruising may occur. This should not be cause for alarm and should disappear within 10 days. You may have a slight earache r sore throat. Should this become worse after several days, call the office.
 9. Occasionally following oral surgery, unrelated complications may occur (tonsillitis, flu or cold). This is due to the fact that patient’s resistance may be low prior to or following surgery. IF you feel run down or have not eaten or slept for several days, it is wise to avoid crowds, drafts and get as much rest as possible. On the other hand, if you feel well and strong, you may carry on with your normal activities regardless of the swelling or bruising.
 10. Nausea rarely occurs and may be avoided by taking pain medication with a glass of milk. If nausea is severe, stop taking the prescribed medication and switch to an acetaminophen based (Tylenol) medication. If pain is severe, call the office. (630) 845-1088.
 11. Antibiotics (Penicillin, etc) if prescribed, must be taken as directed and for the length of time indicated on the bottle. Antibiotic medication may decrease the effectiveness of birth control pills. Therefore, patients taking birth control pills who have been prescribed antibiotics should use an additional method of contraception during the remainder of the contraceptive cycle.
 12. Stitches are removed in 5 to 7 days without pain. Sometimes they will work loose and fall out. This is of no concern.
 13. Sometimes small bone fragments usually work through the gums during the healing process. They are not roots and usually fall out within a few days. If bothersome, please call the office for their removal.
 14. Tightness of the jaw muscles may cause difficulty in opening the mouth. This should disappear within 3 days. Application of a warm towel may be of some benefit.
 15. Your lips should be kept moist with a cream or Vaseline following surgery to avoid cracking. There may be a numb feeling on your lower lip if lower teeth were removed. The feeling should return gradually. It may remain numb anywhere from a few days to a few months. This is especially true with impacted teeth.
 16. **IF ANY UNUSAL SYMPTONS OCCUR OR IF YOU HAVE ANY QUESTIONS CONCERNING YOUR PROGRESS, THEN PLEASE CALL THE OFFICE (630)845-1088.**