

Post-Operative Instructions

Expectations

After the removal of teeth, you may experience the following: bleeding, swelling, and discomfort. Bruising may occur several days after surgery.

Bleeding

To control this, bite on gauze firmly for 30-60 minutes, then remove the gauze. If bleeding continues, place fresh gauze over the area. Change the gauze every 1-2 hours until bleeding stops. If bleeding is persistent, place gauze moistened with hot tap water over the area and apply pressure. If bleeding persists, place a moistened tea bag wrapped in a gauze over the site and apply pressure. This usually stops persistent bleeding. It is normal to have slight oozing from the wound for 2-3 days after surgery.

Ice Packs

Place an ice pack against the face on the side of surgery. Apply it for 30-60 minutes and off for 30 minutes for 24-72 hours. This will help minimize swelling. After this time, moist heat may be used as desired.

Swelling

Swelling is a normal body response to surgery. It usually peaks on the second or third day and lasts about 5-7 days. To keep swelling at a minimum, elevate your head for the first 24-48 hours.

Medication

Your numbness will wear off 3-4 hours after your surgery. Please advise children to avoid lip biting until the numbness is gone. Take Advil, aspirin, or Tylenol for pain. Taking Advil (ibuprofen) 400 – 600 mg. with Tylenol 500 mg. every 6-8 hours may provide the best non-narcotic pain relief. Only take prescribed pain medication if it is needed. 1 tablet every 4-6 hours. Take codeine preparations (pain pills) with a milk shake or meal to minimize the nausea they may cause.

Diet

You may eat as soon as you wish following surgery. Please avoid hot foods, carbonated drinks, alcohol, the use of straws, and smoking for 24 hours. Drink plenty of fluids and eat soft foods the day of surgery. Resume your normal diet as soon as possible. Do not eat popcorn for six weeks after surgery.

Oral Hygiene

Clean your mouth and tongue carefully with your toothbrush. Avoid brushing the area of surgery and don't rinse vigorously the first 24 hours. After this time, rinse with warm salt water (1/2 tsp. salt in an 8 oz. glass of water) 4 times a day (e.g., after meals and at bedtime) for 1 week.

Bone Splinters

These may arise days, or even weeks following surgery. If they occur, contact this office and we will arrange to remove them for you.

Side Effects

Jaw stiffness, earache, and other sore teeth may be experienced after surgery. Moist heat applied to the face and jaw exercises (including gum chewing) after the first 24 hours are helpful in resolving these conditions. If your lips are dry or cracked, apply Vaseline or Chapstix. You may experience a slight fever for 1-2 days following surgery. This normally subsides without treatment.

Nausea

If this occurs, drink small amounts of a clear carbonated beverage and lie down. Remember to take pain pills with something to eat (e.g. milk shake or meal). If nausea persists, have Zofran prescription filled.

Stitches

These may be placed at the time of surgery. Most stitches will dissolve in 7-10 days. If an appointment is needed for suture removal, you will be advised.

Physical Exercise

Avoid strenuous exercise (e.g., jogging, aerobics, etc.) for 2-3 days following surgery. If pain, bleeding, or general weakness arises with exertion, wait 2-3 more days before engaging in such activities.

Dry Socket

If a dull, throbbing, constant pain begins anytime during the first 5 days after surgery, you may have a dry socket (lost blood clot). Please call the office for treatment.

Emergencies

If any question or problems arise or if pain increases after 2-3 days, call this office immediately at (937)439-5912. If it is after hours, you may reach Dr. Perry by cell phone (937)620-9956 or at home (937)294-1980.