



Oral Surgery & Implant Associates

Mt. Sterling (859) 498-6204

Winchester (859) 744-0677

Medical Society Exchange (859) 276-2594

POST-OPERATIVE INSTRUCTIONS

1. Hold firm pressure on the gauze in your mouth to control bleeding. Change gauze every 15 to 20 minutes until bleeding stops.
2. Place an ice pack on the face over the surgery areas for 3-4 days as needed. Ice on 10 minutes/off 10 minutes. This will minimize swelling.
3. Begin your pain medicine as soon as possible. It is more effective if taken before the local anesthetic wears off.
4. It is important that you continue to receive liquid nourishment. It is usually more comfortable to limit the diet to soft foods during the first 12 to 24 hours. Resume regular diet as soon as it is comfortable. Light food prior to medication may decrease nausea.
5. Do not use straws for one week following the procedure.
6. Care of the remaining teeth should be maintained during the post-operative period, being careful of the surgical area. Care of the surgical area should start the day after surgery and should consist of rinsing with a mild solution of warm salt water and gentle brushing.
7. You should rest 24 to 48 hours following surgery. The head and shoulders should be kept elevated on two to three pillows.
8. Apply a thin coat of Vaseline to your lips every 3 to 4 hours while you are awake during the first few days after your surgery.
9. Studies show that patients who smoke may have up to four times more pain. Please refrain.
10. If you are having a problem, please call the office. If it is an emergency, call the medical exchange.
11. The type of pain medicine you require will dictate your activity level. If you need the narcotic medication for the pain control, then you should refrain from working, driving, studying, etc. You may resume normal activities when Tylenol or Motrin (or other anti-inflammatory medication) are all that is required for pain relief.

COMMON PROBLEMS

PAIN: The severity of post-operative pain will depend on the surgical procedure and the individual patient. Discomfort is to be expected following surgery, especially when the local anesthetic has worn off. The prescription you have been given is to minimize the pain.

BLEEDING: Bleeding in the form of oozing may continue beyond 24 hours in some individuals with the need for alarm, but most profuse bleeding should be decreased within 6 to 8 hours. If bleeding seems excessive after this time, (A) rinse mouth with water and remove all masses of protruding clotted blood, (B) place a dampened tea bag over the surgery site and bite firmly for 30 minutes by the clock, (C) repeat biting on the bag as necessary. Call your doctor if you have questions.

FACIAL SWELLING: Swelling may occur to varying degrees depending on the surgery performed and the individual patient. Some patients have a great deal of swelling following oral surgery. The ice packs will reduce the swelling, not prevent it. Swelling is often greatest approximately 48 hours after surgery, then it should slowly decrease over the next few days. It is often helpful to use moist heat over the surgery areas after 48 to 72 hours. Bone fragments may work out at any time during the recovery period.

NAUSEA & VOMITING: This is usually due to either swallowing of blood or sensitivity to the medications you are taking. Often the consumption of Coke and other bland food will settle the stomach. If nausea continues, pain medication should be discontinued and call our office.

MUSCLE SORENESS: It is not unusual to have some jaw muscle soreness and some limitation of opening following surgery. This soreness is temporary and should disappear as the swelling subsides and the diet is resumed.