

It is our desire that your recovery be as smooth and pleasant as possible, to this end, these instructions are provided to assist you, but if you have questions about your progress, call our office at **(425) 391-8284**. Please try to call during office hours, as this will afford a faster response. A 24-hour answering service is available for after hours contact with Dr. Narra or the doctor on-call.

Oral & Maxillofacial Surgery of Issaquah



**After Hours Call
425-391-8284**

Post-Operative Instructions



**Oral & Maxillofacial
Surgery of Issaquah**

710 NW Juniper Street, Suite 210
Issaquah, WA 98027
Phone: 425-391-8284
Fax: 425-831-7313

Patient Care Following Oral Surgery

Information Included

- Wound Care
- Pain Management
- Eating and Drinking
- Medication

Day Two and Beyond

Mouth Rinses

- Keeping your mouth clean after surgery is essential.
- Use 1/4 teaspoon of salt dissolved in an 8-ounce glass of warm water.
- Gently rinse with small amounts of the solution, taking five minutes to use the entire glassful.
- Avoid vigorous swishing or spitting.
- Repeat as often as you like, but at least three to four times daily for the next five days.

Oral Hygiene

- Begin your normal oral hygiene routine (tooth brushing, etc.) 24 hours after surgery.
- Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth comfortably.

Day Three and Beyond

Warm Compresses

- Moist-warm compresses may be applied to the skin overlying areas of swelling, beginning 48 hours after surgery.
- Application of moist-warm compresses combined with deep massage of the muscles will help decrease swelling, ease stiffness, minimize muscle spasm and soothe tender areas.
- You need to be able to open your mouth to three-fingers width. Massage will help this; gently open and close your mouth to minimize pain and discomfort.

Sutures

- If sutures (stitches) were placed, they will dissolve by themselves unless you are specifically told that non-dissolvable sutures were used.
- Sutures may loosen or come out prior to your next appointment. Dangling ends may be carefully trimmed.

Sharp Edges

- If you feel sharp edges in the surgical areas with your tongue it is probably the bony walls that originally supported the teeth.
- Occasionally small slivers of bone may work themselves out during or after healing.
- Call our office if you experience this.

Dry Sockets

- Normal healing after tooth extraction is as follows:
 - The first day of surgery is usually the most uncomfortable and there is some degree of swelling and stiffness.
 - The second day you will usually be far more comfortable and, although still swollen, you can usually begin a more substantial diet.
 - From the third day on **gradual, steady improvement** should mark the remainder of your post-operative course.
- If a DRY SOCKET occurs (loss of blood clot from socket, usually on the 3rd to 5th day), there is a noticeable, distinct, persistent throbbing pain in the jaw, often radiating toward the ear and forward along the jaw to cause other teeth to ache.
- If you do not see steady improvement during the first few days after surgery, don't suffer needlessly. Call the office and report your symptoms so you can be seen as soon as possible.

Oral Surgery

Post-Operative Care

Following your oral surgery procedure it is important that you take the appropriate care to manage pain and care of the surgical site. These instructions are provided to assist you with that care.

READ ALL THE INSTRUCTIONS CAREFULLY. Sometimes the after-effects of oral surgery are quite minimal, so not all these instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office for clarification **425-391-8284**.

When You Get Home

- Until you get home, bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place.
- When you get home, remove the gauze and take your medication, **with food**.
- Place fresh gauze on the surgical area and continue to gently bite down.
 - If active bleeding persists after one hour, replace the saturated gauze with enough new gauze to create pressure over the surgical site.
- Change the gauze every 30-60 minutes while awake. If you go to sleep, change the gauze the next time you medicate.
- Continue to change the gauze until the bleeding stops. Bleeding may persist 3-4 hours.
- The gauze may be dampened to prevent sticking to the surgical area.

Diet

- Eat any nourishing food that can be taken with comfort.
- Avoid extremely hot foods.

- It is sometimes advisable, but not required, to confine the first day's intake to bland liquids or pureed foods (creamed soups, puddings, yogurt, milk shakes, etc.).
- Avoid foods like nuts, sunflower seeds, popcorn, etc., until sockets or incisions close.
- Over the next several days you may progress to solid foods at your own pace.
- **DO NOT USE STRAWS FOR 7 DAYS.**
- Do not skip meals!
- Decreased appetite following surgery is not uncommon, but continue to take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster.
- If you have diabetes, maintain your normal diet as much as possible and follow any special instructions given by Dr. Narra or your physician regarding your insulin schedule.

Exercise Care

- Do not disturb the surgical area today.
- Do **NOT** rinse vigorously, spit or probe the area with any objects or your fingers.
- You may begin to rinse and gently brush your teeth 24 hours after surgery.
- **DO NOT SMOKE** for at least 48 hours, since it is very detrimental to healing and increases your risk of dry sockets.

Bleeding

- Intermittent bleeding or oozing is normal for 72 hours after surgery. It may be controlled by placing fresh gauze over the surgical areas and biting down firmly for 30-60 minutes.
- Elevate your head with a couple of pillows.
- Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth rather than applying pressure directly to the surgical areas. Try repositioning fresh packs.

- If bleeding persists or becomes very heavy you may substitute a tea bag (soaked in hot water, squeezed damp-dry and wrapped in a moist gauze) for 20-30 minutes.
- If bleeding remains uncontrolled, call our office.

Pain

- Most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication, and an anti-inflammatory.
- Take the first pill before the numbness has worn off; you will be able to manage any discomfort better.
- If two pain pills are needed during the early stages of recovery, this may increase the risk of stomach upset.
- Most severe discomfort is usually within the first six hours after the local anesthetic wears off - after that your need for pain medicine should gradually lessen.

Nausea

- Nausea is not an uncommon event after surgery, and is sometimes caused by stronger pain medicines.
- Precede each pill with a dairy product or a small amount of soft food to reduce nausea.
- Try to keep taking clear fluids and minimize the pain medication, but call us if you do not feel better or if repeated vomiting is a problem.
- Cola drinks that have less carbonation may help with nausea.

Swelling

- Often there is swelling associated with oral surgery.
- Minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical area.
- Apply ice packs for 30 minutes on and 30 minutes off during the first 24 to 48 hours after surgery.
- The swelling peaks on the 3rd day after your surgery and starts to decrease after that.

- If you have been prescribed medicine for the control of swelling, be sure to take it as directed.
- After 48 hours, it is usually best to switch from ice to moist heat to the same areas.

Anti-Inflammatory Medications

- Ibuprofen - 600 mg tablets
1 tablet every 6 hours as needed for pain
- Other _____

Analgesics (Pain Medications)

- Propoxyphene – (Darvocet n-100)
1 tablet every 4-6 hours as needed for pain
- Hydrocodone 5/500 – (Vicodin, Lortab)
1-2 tablets every 6 hours as needed for pain
- Oxycodone 5/325 – (Percocet, Endocet, Roxicet) 1-2 tablets every 6 hours as needed for pain
- Other _____

Antibiotics

- Amoxicillin 500 mg capsules (Trimox)
1 capsule every 8 hours until gone
- Penicillin VK 500 mg tablets (Veetids)
1 tablet every 6 hours until gone
- Clindamycin 150 mg capsules
2 capsules every 8 hours until gone
- Other _____
- Other _____

Take Ibuprofen first, wait three (3) hours, then take the prescribed analgesic. Continue alternating the medications as needed for pain. Take **ALL** medications with food to prevent stomach upset.