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Oral and Maxillofacial Surgery

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POST-OPERATION INSTRUCTIONS FOR PATIENTS

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY. Care of the mouth has an important effect on healing. Some swelling, discomfort, and restricted jaw function are expected and need not cause alarm. The after-effects of oral surgery vary per individual, so not all of these instructions may apply. Please feel free to call our office at any time should you have any questions, or are experiencing any unusual symptoms following your treatment. **(408) 286-1553 or (650) 692-1530.** The quality of care you receive in our office is our top priority and it is our pleasure to serve you.

Please return for your follow-up care !!!!

***Patients under the age of 18 must be attended by a parent or legal guardian at the post-operative appointment.**

IMMEDIATELY AFTER SURGERY WITH A GENERAL ANESTHETIC: Patients who received a general anesthetic should return home from the office immediately upon discharge, and lie down with the head elevated until all the effects of the anesthetic have disappeared. Anesthetic effects vary by individual. It is not unusual to want to sleep for much of the day following a general anesthesia. You should not operate any mechanical equipment or drive a motor vehicle for at least 24 hours following the anesthesia.

1. Watch out for dizziness. Walk slowly and take your time. Sudden changes of position can also cause nausea.
2. Do not make any important decisions. You may change your mind tomorrow.
3. Do not drink any alcoholic beverages. The drugs in your body may cause your reaction to alcohol to be dangerous.
4. Do not stay at home unattended.

LOCAL ANESTHESIA: Your lower jaw may be numb for 8-12 hours following surgery. The local anesthesia in the upper jaw typically wears off after 3-6 hours, but can last up to 24 hours. Do not attempt to chew any solid food while you are still numb from the local anesthesia. Discomfort is to be expected after the anesthesia wears off. Begin taking the pain medication before the numbness wears off and continue the medication as needed.

BLEEDING: Bite down gently but firmly on the gauze pad that we have initially placed over the surgical area. Remove the gauze pad after one hour or when you get home. You will find a gauze pack in your post-op bag. A fresh gauze pad should be folded and placed **DIRECTLY OVER** the extraction site. Keep a steady pressure on the bleeding area by biting down firmly on the gauze. Pressure helps reduce bleeding and promotes formation of a clot in the tooth socket. If the gauze becomes saturated, gently remove the compress and replace it with a fresh, folded gauze pad. Once the bleeding has slowed down and there is slight amount of oozing, leave the gauze out of your mouth. Some bleeding is to be expected for 8 to 12 hours following surgery. We suggest using an inexpensive towel to cover your pillow at night. Do not keep the gauze in overnight. After a point, the gauze can actually act as a wick and keep blood flowing rather than halt bleeding.

STEADY BLEEDING: Bleeding should not be severe. If bleeding persists, this may be due to the gauze pads being clenched between the teeth rather than exerting pressure on the surgery site. Try repositioning the gauze. Make certain that you bite down firmly on the gauze. If bleeding persists or becomes heavy, substitute a moist tea bag and place over the surgical area for 30-60 minutes. You may use Lipton tea, do not use herbal teas, or any other tea bags containing caffeine. If bleeding persists and fills the floor of your mouth, please call our office immediately.

AVOID RINSING OR SPITTING FOR THE FIRST 24 HOURS. Rinsing and spitting can encourage bleeding and slow down the formation of the blood clot that is necessary in the healing process. During the first 24 hours, if you need to rinse or spit, please keep it to a minimum and do so only when necessary. Dissolvable sutures are often used to close the extraction site and help hold in the blood clot for the first 24-48 hours following surgery. Do not be alarmed if these sutures begin to fall out or become loose.

SWELLING OR BRUISING: Swelling is to be expected, and usually reaches its maximum 3-5 days after the surgery. Swelling following oral surgery is normal and **not** a sign of infection. To minimize swelling and bruising, cold packs or an ice bag wrapped in a

towel should be applied to the face adjacent to the surgical area. Apply an ice pack to your jaw **IMMEDIATELY** upon your return home, 30 minutes on and 30 minutes off for the first 24-36 hours following surgery. That said, if you just want to fall asleep, we encourage you to do so. Use the ice pack when you are awake. After ice (24-36 hours), use warm moist heat packs (warm towels, heating pad, or warm gel packs).

PAIN AND MEDICATIONS: Unfortunately, most oral surgery is accompanied by some degree of discomfort. Take the pain medication prescribed as directed. We recommend that you take the pain medication 2 hours immediately after your surgery. Pain medication may sometimes cause drowsiness and nausea. Nausea can be lessened if you take the pain medication with soft food, such as pudding and a carbonated drink, such as ginger ale. If you have a lot of nausea after your surgery and are having trouble keeping down liquids and your anti-nausea medication, we recommend the following procedure: Take one sip of ginger ale or 7-up once every minute for 10 minutes. If you are able to keep the ginger ale down after 10 minutes, take your anti-nausea medication (if prescribed). Then, continue to take small sips of ginger ale and after ten more minutes, take your pain medication. However, if nausea persists or you are unable to keep down your anti-nausea medication, please call our office. Have the phone number, location and the name of your pharmacy available, in case Dr. Bohannon needs to call in additional medications.

Important Information for Women of Child-Bearing Age

Recent studies have shown that antibiotics may reduce the effect of birth control pills. If you are currently taking birth control pills, please take appropriate precautions while you are taking the antibiotic so that an unexpected pregnancy does not occur.

DIET: It is very important that you get plenty of fluids. Try to consume at least 8 glasses of fluids each day. In regard to general diet, eat any nourishing soft food that can be taken with comfort such as Jello, scrambled eggs, applesauce, smoothies, porridge, soup and juices. It is advisable to confine the first day's food intake to bland liquids or pureed foods. Avoid foods like nuts, sunflower seeds or popcorn, which may get lodged in the socket areas. Avoid chewy or hard foods. Over the next several days, you may progress to more solid foods. **AVOID HOT AND SPICY FOODS/LIQUIDS** for the first 48-72 hours following surgery. **DO NOT DRINK LIQUIDS WITH A STRAW.**

NAUSEA: We recommend sipping on 6-8 ounces of ginger ale for over an hour. Mild, lukewarm (not hot!) ginger or peppermint tea is also soothing to the stomach. Take your anti-nausea medication (if prescribed) as needed and refer to the instructions above in the Pain and Medications section.

ORAL HYGIENE: Do not rinse your mouth immediately following your surgery. Please wait 24 hours after your surgery to begin rinsing your mouth as instructed. Then the mouth may be rinsed with a warm salt-water solution (1/2 to 1 teaspoon of salt in a glass of warm water) after meals and at bedtime. There will be a cavity in the area where the tooth was removed. The salt-water rinse will help to flush out particles of food and debris, which may lodge in the surgical area. Please **DO NOT** use Listerine, Scope or other over-the-counter mouthwashes. After your surgery, we will prescribe you a special anti-bacterial mouthwash with Chlorhexidine Gluconate 0.12%.

24 hours after your surgery, please begin using the Chlorhexidine Gluconate 0.12% Oral Rinse (Blue liquid in the clear bottle). Use one tablespoon of the oral rinse and swish in your mouth for 30 seconds. Then spit it out (do not swallow). Do not eat or drink for 30 minutes after. Rinse once in the morning and then rinse again just before bedtime.

Your teeth should be brushed and flossed as usual, except the areas of surgery. Soreness and swelling may present, but make every effort to clean your teeth within your comfort level.

If you have had bone graft placement, **please do not brush, probe or touch the graft.** The Chlorhexidine rinse will be sufficient to clean the surgical area. If you have any concerns regarding the graft please call our office immediately.

SPECIAL INSTRUCTIONS FOR DENTAL IMPLANTS: There are several important exceptions to the above instructions for Dental Implant Surgery. 1) Please take all of your medications as prescribed until they are gone (except for pain medication-take as needed for pain control). 2) Please rinse gently with your prescribed Chlorhexidine rinse in the evening following your surgery. You **do not** need to wait 24 hours before rinsing with the Chlorhexidine rinse.

SMOKERS: You are advised **NOT** to smoke for 3-5 days after surgery. Nicotine can break down the blood clot and cause a very painful condition called "Dry Socket".

REST: It is important that you take it easy during the recovery period. Avoid strenuous exercise or vigorous activity. It is typical for patient's to require several days of bed-rest following oral surgery. Take it easy on yourself in order to encourage a smooth and rapid recovery.

POST-OPERATIVE VISIT: You will be scheduled for a routine post-operative visit in order to monitor your healing progress, remove sutures, if necessary, and to instruct you in cleaning the surgical sites. Every patient and every surgery is different, so you may require more than one post-operative visit depending on your specific needs.

It is our desire that your recovery be as smooth and uneventful as possible. If you have any questions about your progress or any symptoms you are experiencing, please don't hesitate to call our office at **(408) 286-1553** or **(650) 692-1530**. After office hours, you may call our 24-hour answering service **(408) 286-1553** and the doctor will contact you as soon as possible.

INFORMATION CONCERNING ORAL SURGERY PROCEDURES

The removal of impacted wisdom teeth and other surgical procedures may be quite involved and difficult. Please keep this in mind: Everyone is different and your oral surgery response may be different from that of someone else. The following conditions may occur, all of which are considered normal.

- The area operated on will usually swell
- The swollen area may become quite large and increase in size for 3-5 days.
- Stiffness of the muscles may cause difficulty in opening the mouth.
- You might have a slight earache
- A sore throat may develop
- Numbness about the corners of the mouth on the side where the surgery was done may develop. This is most often a temporary condition, which will usually correct itself. It may remain anywhere from a few days to a few weeks.
- Your other teeth may ache temporarily. This is called referred pain and is a temporary condition.
- If the corners of the mouth are stretched, they may dry and crack. Your lips should be kept moist with a cream or an ointment such as Vaseline or lip balm.
- There will be a cavity where the tooth was removed. This space will gradually fill in with new tissue.
- Bruising may occur on the outside of the face near the area of surgery.
- There may be a slight elevation of temperature for 24-48 hours. If temperature continues, notify our office.
- Sutures (stitches) may be used to close the extraction site. They may fall out within two to three days of the surgery or sometimes they will be removed at a subsequent office visit.

FOOD SUGGESTIONS FOLLOWING ORAL SURGERY

- 1) Protein shakes
- 2) Oatmeal, cream of wheat
- 3) Steamed vegetables (steam till very soft)
- 4) Applesauce, Apple juice
- 5) Popsicles
- 6) Baby food (if you dare)
- 7) Sorbet, Sherbet, Smooth Gelato, etc.
- 8) Baked potato (no peeling)
- 9) Mashed potatoes
- 10) Re-fried beans
- 11) Soft fruits peeled and sliced (banana, orange, tomato, etc.)
- 12) Baked fish
- 13) Ensure/nutritional supplement or Slim Fast
- 14) Instant breakfast drinks
- 15) Instant or canned soup, clear or creamy varieties (be sure to let it cool off)
- 16) Yogurt (not with chunks of fruit and hard stuff in it)
- 17) Milkshakes (remember no straw!)
- 18) Smoothies (avoid those with seeds or grainy particles in them)
- 19) Custard or Flan
- 20) Jell-O
- 21) Eggs
- 22) Tuna or canned salmon
- 23) Soymilk
- 24) Ice Cream (but none with nuts or chocolate chips or anything crunchy in it)
- 25) Creamed Corn
- 26) Soft Prunes, plums, peaches from can or jar
- 27) *Pudding (Any flavor or variety except rice)

**Avoid eating rice if you have had an extraction in your lower jaw*

Also: Please do not drink Jamba Juice after an extraction or graft (Jamba Juice usually has tiny gritty particles in the juice mixture that can irritate the extraction site)

A Little Reminder

Negative pressures such as coughing, yawning, sneezing, sucking (avoid straws and smoking) and blowing the nose can cause damage to healing area, so be careful. Also stay away from spicy foods and don't eat anything hot (soup, hot chocolate), let it cool before eating. And remember to get **PLENTY OF FLUIDS!**