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Care of Mouth Following Surgery

Care of the mouth has an important effect on healing.

Some swelling, discomfort, and restricted jaw function are expected and need not cause alarm. These may be minimized, however, by the following instructions. I urge you to read and to follow them carefully.

BLEEDING Remove the gauze pack after one hour. Some bleeding for 8 to 12 hours is expected. If the bleeding is constant or annoying, place a piece of rolled gauze or a moistened tea bag (only use tea bags that contain caffeine. Do not use herbal tea bags) **DIRCECTLY OVER** the bleeding socket and bite with ***firm and steady pressure*** for 30 minutes. Either sit or lie down with your head elevated.

PAIN CONTROL Have your prescription filled and take as directed on the container. Pain medication may sometimes cause nausea and upset stomach. This possibility may be lessened if the pill or capsule is taken with something to eat such as crackers, carbonated water, etc. If the pain appears to be increasing on the third or fourth day following surgery, please call the office.

SWELLING Apply an ice pack to your jaw **IMMEDIATELY** upon your return home, 30 minutes on and 30 minutes off. Do this for the first 24-36 hours if possible. The swelling reaches a peak 48 to 72 hours after surgery. It will slowly resolve itself for the next 72 hours.

DIET In almost every instance you will heal faster if you have adequate nourishment after surgery. Avoid meat and food that is difficult to chew for a few days. We suggest a soft diet with food supplements and a normal intake. Fresh fruits, juices, soups, fish, and chicken dishes are advised. A non-prescription maintenance multivitamin and/or food supplement such as "Ensure" or and instant breakfast can be taken once a day during the healing period.

DO NOT DRINK LIQUIDS WITH A STRAW.

NAUSEA One ounce of carbonated water or sucking on ice chips, every 5 to 6 hours will usually terminate nausea. Follow this with a clear soup, a mild tea, or herbal peppermint tea.

ORAL HYGIENE The day following surgery the mouth may be rinsed with a warm saltwater solution (1/2 to 1 teaspoon of salt in an 8 oz. glass of warm water), after meals and at bedtime. The teeth should be brushed as usual, except the areas of surgery for the first 5 days following the surgery.

SMOKERS You are advised **NOT** to smoke for 12-24 hours after the surgery.

NOTE: IN CASE OF ANY ABNORMAL DISTURBANCE, PLEASE CONTACT THE OFFICE.

ORAL AND MAXILLOFACIAL SURGERY

INFORMATION CONCERNING ORAL SURGERY PROCEDURES

The removal of impacted wisdom teeth and other surgical procedures may be quite involved and difficult. 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 2-3 days.
- Stiffness of the muscles may cause difficulty in opening the mouth.
- You may have a slight earache.
- A sore throat may develop.
- Numbness around the corners of the mouth on the side from which the surgery is 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 sympathetic pain and is a temporary condition.
- If the corners of the mouth are stretched, they may dry or crack. Your lips should be kept moist with a cream or an ointment such as Vaseline or cold cream.
- There will be an opening where the tooth was removed. This area should be rinsed following meals with warm salt water. This space will gradually fill in with new tissue.
- Bruising may occur on the outside of the face near the area of the surgery. This occurrence is not unusual and will resolve itself within several days.
- There may be a slight elevation of temperature for 24-48 hours. If temperature continues, notify this office.
- Sutures (stitches) may be used to close the surgical wound. They may fall out within two to three days of the surgery or sometimes they may be removed at a subsequent office visit.

CONTACT THIS OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS.

FOOD SUGGESTIONS FOLLOWING ORAL SURGERY

- 1) Peas, steamed vegetables
- 2) Applesauce
- 3) Baby Food
- 4) Baked potato (no peeling)
- 5) Mashed potatoes
- 6) Re-fried beans
- 7) Soft fruits peeled and sliced (banana, orange, tomato, etc.)
- 8) Baked fish
- 9) Ensure/nutritional supplement or Slim Fast
- 10) Instant breakfast drinks
- 11) Instant or canned soup (be sure to let it cool off)
- 12) Yogurt
- 13) Milkshakes
- 14) Smoothies (avoid those with seeds or grainy particles in them)
- 15) Custard or pudding
- 16) Jell-O
- 17) Eggs
- 18) Protein shakes
- 19) Popsicles
- 20) Sorbet, sherbet, smooth gelato, etc.....
- 21) Pudding (Any flavor or variety except rice)
- 22) Tuna or canned salmon
- 23) Soymilk
- 24) Ice Cream
- 25) Soft prunes, plums, peaches from a can or jar
- 26) Oatmeal, cream of wheat, creamed corn

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

*** 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.

*****No Jamba Juice please*****