

ORAL-
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SURGERY,
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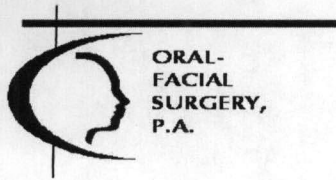
301 North Third Street
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Information Concerning Oral Surgery Procedures

The removal of impacted wisdom teeth and other surgical procedures may be quite involved and difficult. The following conditions may occur:

- The area operated on will usually swell.
- The swollen area may become quite large.
- Stiffness of the muscles may cause difficulty in opening your mouth.
- You may have a slight earache.
- Numbness may develop about the corners of the mouth on the side from which the tooth was removed. This is called "paresthesia" and is most often a temporary condition which will usually correct itself.
- Your other teeth may ache. This is usually 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 ointment such as Vaseline or cold cream.
- There will be a cavity where the tooth was removed. This area should be rinsed following meals with warm salt water or mouthwash. Begin the day after surgery. This space will gradually fill in with new tissue.
- Black and blue discoloration may occur on the outside of the face near the area of the surgery. This occurrence is not unusual and will resolve within several days.
- There may be slight elevation of temperature for 24 to 48 hours. If temperature continues, notify this office.
- Black and blue discoloration and soreness occasionally develops on the arm at the site of the intravenous injection. Apply hot compresses and elevate arm at night. If you have any difficulties with your intravenous site please call our office.
- If you have had an intravenous (IV) general anesthetic or sedation, for your own safety do not drive a car or operate machinery for 24 hours.
- **If any problems arise, please do not hesitate to contact this office BEFORE you contact your general dentist or physician. Telephone is answered 24 hours.**



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Oral Surgery Postoperative Instructions

You have had a surgical procedure in your mouth. Care of the mouth after surgery is critical in minimizing your risk of problems and complications.

SWELLING, DISCOMFORT, AND RESTRICTED JAW FUNCTION ARE EXPECTED, and should not cause alarm. These may be minimized by the following instructions. *Please read them carefully!*

- 1. CONTROL OF HEMORRHAGE:** Bite on your gauze pack for at least one hour after leaving the office to allow a clot to form. Slight bleeding is expected and you may have blood tinged saliva for up to 36 hours. If bleeding is continuing, place folded damp gauze or a moist tea bag over the wound and bite firmly for at least 60 minutes WITH CONSTANT PRESSURE. Assume a semi-upright bed position, using 2 pillows. Spitting and excess physical activity will cause bleeding. Do not use a drinking straw for 5-7 days.
- 2. MEDICATION:** If you develop hives, rash, or diarrhea discontinue all medication immediately and contact the office. WARNING: Do not drive or operate mechanical equipment after taking pain medication. ***Due to current federal law, most narcotic prescriptions can no longer be called in on weekends or evenings.***
- 3. CONTROL OF SWELLING:** Swelling will typically reach its peak in 2-3 days and decrease over time. This swelling may be quite noticeable and does not necessarily mean that there is an infection present. Ice packs are of value over the next 2-3 days (20 minutes on, 20 minutes off).
- 4. DIET:** A liquid diet is wise the day of surgery, and then soft foods that are high in vitamins and protein are recommended for another two days. Increase your fluid intake. The canned dietary foods (Ensure, etc.) may be very helpful in maintaining your diet. Resume your normal diet as soon as possible. Avoid crunchy foods (popcorn, nuts, chips) for one week.
- 5. NAUSEA:** Nausea and vomiting occasionally occurs and is most often caused by narcotic pain medication. Follow this with mild tea or clear soup, etc. If nausea continues, contact the office.
- 6. ORAL HYGIENE:** Do not rinse your mouth with anything in an effort to cleanse or freshen the mouth for 12 hours. The day following the surgery, the mouth may be rinsed gently with warm salt water solution (1/2 teaspoon of salt in a large glass of warm water), after each meal and at bedtime. After 24 hours, the teeth may be gently brushed BUT AVOID THE SITE OF SURGERY.
- 7. SMOKING:** Avoid completely. Smoking will increase your risk for complications significantly.
- 8. ACTIVITY:** Light activity is recommended for the first 2-3 days.
- 9. ANTIBIOTIC THERAPY MAY DECREASE ORAL CONTRACEPTIVE EFFECTIVENESS.** Those taking birth control pills should consult their physician.
- 10. FOR YOUR OWN SAFETY, DO NOT** drive, operate machinery, or sign any important or legal documents for 24 hours following intravenous anesthesia. DO NOT drink alcoholic beverages.

IF THERE ARE ANY CONCERNS, PLEASE CONTACT OUR OFFICE.