

INSTRUCTIONS FOLLOWING ORAL SURGERY

DISCOMFORT may last for 10 to 14 days following tooth extraction or other oral surgery.

The pain will usually start to subside after the third day. It is common for pain to radiate from the jaws to the ear, throat or side of the head. Often several teeth adjacent to the area of surgery will temporarily be uncomfortable following surgery. You may also experience soreness and cracking at the corners of your mouth. Post-operative pain can range from being **mild and easily controlled with aspirin, acetaminophen (Tylenol) or ibuprofen**; to being **severe which requires prescription medication** for relief. If Dr. Monson has written you a prescription for pain pills we recommend that you have it filled and **take one tablet before the local anesthesia wears off**. A few hours after you have taken the first tablet you will be able to ascertain whether your pain will require the prescription medication or can be adequately controlled with non-prescription analgesics.

You should not drive or participate in any activity that requires your total mental capacity while you are taking prescription pain medication.

BLEEDING following oral surgery is to be expected. Mild oozing may take place for 1-2 days after surgery. A small amount of blood may mix with saliva and give the appearance of a large volume of blood. Treatment for bleeding begins with **firmly biting on the gauze placed after surgery for one hour. Lie down with your head elevated by 1 or 2 pillows for the first few hours following surgery. DO NOT SPIT, SMOKE, OR SUCK THROUGH A STRAW** as this will dislodge the blood clot and increase bleeding. If bleeding persists after 1 hour, **replace the gauze with a clean piece placed over the surgical site and continue to apply pressure by biting firmly on the gauze**. If the surgical site is actively bleeding after this then place a moistened tea bag directly over the bleeding area followed by a gauze compress and exert pressure by biting.

NUMBNESS of the mouth and surrounding areas will be present following surgery due to the use of local anesthesia. The numbness may last up to 12 hours and is not a cause for concern. If you have residual numbness at the time of your post-operative appointment, you should inform Dr. Monson.

SWELLING is common following surgical removal of teeth and is to be expected after removal of wisdom teeth. It is not necessarily a sign of infection. Maximum swelling is usually evident on the second or third day after surgery and then decreases over a period of a week. Swelling can be minimized by **placing an ice pack on the face adjacent to the surgical site 30 minutes on, and 30 minutes off for 1-2 days**. If swelling or pain start on or after the fourth day after surgery this may be a sign of infection and you should call the office to schedule an examination.

BRUISING may occur in conjunction with any surgical procedure. The face and neck may turn black and blue. This will gradually disappear and is no cause for alarm.

DIET should be modified after oral surgery to insure adequate nourishment and to avoid food collecting in wounds. This can be accomplished by **eating soft foods supplemented by plenty of liquids. Do not chew food in the area of surgery.**

OVER

DRY SOCKET is the common name for a painful condition which occurs 3-5 days after tooth extraction (usually a lower molar). Smoking greatly increases the possibility that you will get a dry socket. Symptoms include pain, bad taste and bad breath. If you experience these symptoms after a normal 3-5 day post-operative course, call the office to schedule an examination. Treatment includes rinsing the area and placing a medicated pack in the socket.

NAUSEA may occur after oral surgery. It is usually caused by the prescription pain medication or by swallowing blood. If you become nauseated after surgery **stop taking the prescription pain medication** and attempt to control your discomfort with acetaminophen. **Small sips of a carbonated beverage** may help to alleviate nausea.

ANTIBIOTICS are not usually required for oral surgery. If you have a unique case and Dr. Monson prescribes an antibiotic for you, **take the medication as directed to completion** even if you do not feel you have an infection. Women taking oral contraceptives (birth control pills) should **find an alternative method of birth control** for a month after the antibiotics are discontinued as antibiotics may decrease the effectiveness of oral contraceptives.

ORAL HYGIENE is important following oral surgery to allow normal healing and decrease the chance of infection. **Oral rinses with warm salt water** (1/2 teaspoon of salt in 8 oz. warm water) should be started on the day following surgery and performed every 2-3 hours while awake. You should **brush and floss your teeth normally**, avoiding the surgical site.

SUTURES may have been placed during surgery. **Do not disturb the sutures with your tongue.** Dr. Monson usually places sutures which dissolve on their own. Do not become alarmed if sutures start to come out after a few days.

IV SEDATION / GENERAL ANESTHESIA requires that you **do not drive a car** or participate in any activity that requires your complete mental capacity for 24 hours following surgery. **Do not consume any alcohol** for the first day following surgery or at any time while you are taking prescription pain medication.

QUESTIONS OR PROBLEMS can be addressed by calling the office at **730-9333**.

RETURN APPOINTMENT: Day: _____ Date: _____ Time: _____

Special Instructions: