

Vernon Woods Dental Care

POST-OPERATIVE INFORMATION AND INSTRUCTIONS

The extraction of erupted teeth, the surgical removal of impacted teeth and other types of oral surgery require special and important post-operative care. The following instructions **MUST** be followed.

1. Bite on the gauze placed in your mouth with firm pressure until _____. If bleeding persists you may replace the gauze with a moist **TEA BAG**, and bite with firm pressure for 15 minutes and replace. Continue until bleeding stops, approximately 1 hour if it persists. If excessive bleeding still persists, call the office for assistance.
2. You may begin drinking liquids and eating soft foods once the gauze is removed. **DO NOT RINSE, USE A STRAW OR SPIT FOR 24 HOURS AFTER THE SURGERY.** The next day you should rinse your mouth after meals with salt water or diluted mouthwash. **Avoid smoking for several days.**
3. Once you have something in your stomach, you may take your medicines as prescribed by your Doctor. You need to continue drinking liquids, avoid alcoholic beverages the day and night of the surgery, and eat soft foods such as soups, puddings, and ice cream for as long as deemed necessary.
4. Continue to take your regular medicines along with your prescribed medicines. Do not drive the day of your surgery, or while you are taking the pain medicine. You may experience dizziness or fainting after taking pain medicine. Be cautious getting up. Some studies show there is a decreased effectiveness of birth control pills while taking antibiotics.
5. No narcotics will be refilled after hours; you must call during regular business hours. Advil, Motrin and Aleve may be supplemented with your pain medicine. Some swelling is to be expected after surgery. You may need to place an ice pack to the side of your face for at least 24-48 hours continuously. You need to keep your head elevated the night of the surgery. Placing a heating pad starting three (3) days after surgery may help reduce swelling and stiffness.
6. Gently start brushing your teeth the day after surgery.

We wish you well after your surgery. Please call with any concerns you may have. During regular office hours call 404-843-8431. After hours, call Dr. Kathy's emergency number 678-235-4706.

THE FOLLOWING CONDITIONS MAY OCCUR:

1. The wound may “ooze” or bleed very slightly for one or two days after surgery – this is normal. Excess saliva and a small amount of blood may appear to be a lot of blood. If excessive bleeding occurs, place firm pressure on the area. Call the office if it persists.
2. The area operated on may swell and become quite large. This is also normal and will begin to decrease after five (5) or six (6) days.
3. Stiffness of the jaw is nature’s way of resting an area of the body that needs to be healed after surgery. Placing a warm compress and taking Advil and Ibuprofen will help relax the muscles; the stiffness should relax after five (5) or six (6) days it may persist longer.
4. If nausea occurs, change to a clear liquid diet and take Phenergan as prescribed.
5. Discoloration of the face is caused by natural seepage of blood and fluid into tissues following the surgery. These yellow or blue areas will appear gradually and disappear slowly. Applying heating pads starting two (2) days after surgery may help, and reduce swelling and stiffness.
6. Small bone fragments that sometimes appear will slowly work their way out of the gum tissue as it heals. These are normal and may feel like pieces of tooth but are actually bone.
7. Numbness of the lower lip, chin, and tongue will sometimes occur after surgery. This usually disappears in a few days to a few months. Consult the doctor if this persists.
8. A void where the tooth once rested is normal and should be kept as clean as possible beginning the day **AFTER** surgery with warm salt water or mouth wash. It will gradually fill in from the bottom then upward.
9. There may be a slight elevation in temperature (fever) for 1-2 days after surgery. If the fever continues, or goes higher than 101°F, please call the office.
10. When stitches are used, they will often work their way out of the tissue and will appear as small strings in your mouth – this is normal. With swelling there may be a sensation of the cheek being “sewed to the gum” – this is also normal and will go away when the swelling goes down.