

ORAL FACIAL SURGERY INSTITUTE



POST-OPERATIVE INFORMATION CONCERNING ORAL SURGERY

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.
- Stiffness of the muscles may cause difficulty in opening the mouth.
- You may have a slight earache.
- A sore throat may develop.
- Numbness above the corners of the mouth on the side from which the tooth was removed may develop. This is called "paresthesia" and is most often a temporary condition which will usually correct itself. It may remain anywhere from a few days to a few weeks, however it could be permanent.
- 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 crack and dry. Your lips should be kept moist with a cream or ointment such as Vaseline.
- There may be a cavity where the tooth was removed. After 48 hours, this area should be rinsed following meals with warm salt water or mouthwash. 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 surgery. This occurrence is not unusual and will resolve within several days.
- There may be a slight elevation of temperature for 24 to 48 hours. If temperature continues, notify our office.
- Sutures (stitches) may be used to close the surgical wound. Dissolvable type are frequently used.

INSTRUCTIONS FOLLOWING ORAL SURGERY

1. **Bleeding**-some oozing of blood may continue for a short time and may even persist for 48 hours. Maintain gentle pressure by biting on a gauze sponge for 2 hours. **Do not spit, rinse your mouth out, use a straw or smoke for 24 hours.**
2. **Ice**-Apply ice bag to face on operative side, 30 minutes on and 30 minutes off until bedtime. Next morning continue with ice on and off. The third day discontinue with ice and start with moist heat.
3. **Rinsing**-After 48 hours, begin rinsing with a teaspoon of salt in a glass of warm water every hour while awake. Continue rinses for several days post-operatively unless otherwise advised.
4. **Pain**-A degree of pain following surgery is to be expected. Take pain medication as directed.
5. **Diet**-Do not eat anything **hot or hard** today. Resume a normal diet tomorrow. For your own comfort, soft food and liquids may be indicated for several days.
6. **Nausea**-Following oral surgery and anesthesia, nausea is occasionally encountered. If nausea is experienced, the diet should consist of clear liquids. Adequate nourishment is best for quick recovery and healing following surgery.
7. **Oral Hygiene**-continued good hygiene following oral surgery is important to normal healing. Routine tooth brushing should be instituted the day following surgery. Care should be taken in brushing the area adjacent to the surgical site. Start using the syringe provided 48 hours after surgery.
8. **Swelling**-Discoloration and stiffness of the jaw may occur. **Do not be alarmed by this.** Maximal swelling is expected on the second post-operative day and may last for several days.
9. If profuse bleeding continues, if nausea persists, or if there are any problems not covered in these instructions, please call for assistance.
10. When tissue is removed and it is deemed necessary, it will be submitted and examined by a pathologist. A separate charge will be made for the service and you will be advised of the results.
11. Do not use a Water-Pik to irrigate food from the extraction sites. Even on the lowest setting the pressure may cause the clot to disintegrate resulting in a very painful condition plus delay in healing.
12. Any patient having sedatives or general anesthetic must specifically agree:
 - Not** to drive a vehicle or operate any machinery the same day;
 - Not** to undertake any responsible business matters; and
 - Not** to drink alcohol for 24 hours.