

CARE OF THE MOUTH FOLLOWING SURGERY

1. **BLEEDING:** Bite on a gauze pad for 45 minutes then discard. If bleeding continues, fold gauze tightly, place over bleeding area and maintain firm biting or finger pressure for 30 minutes. A tea bag, wet or dry is an excellent substitute for a gauze pack. Avoid frequent pack changes, rinsing or physical exertion until bleeding has ceased.
2. **DO NOT RINSE** your mouth today. **DO NOT** use straws for drinking. Tomorrow, rinse every three to four hours using warm water. Continue for several days. **DO NOT** use the Monoject Syringe during the first 5 days after your procedure, then you can use syringe with a warm salt-water solution and gently flush the extraction socket after meals and before bed.
3. **DIET:** No eating or drinking for one hour. Hot spicy or coarse foods should be avoided. Avoid popcorn and peanuts that may become stuck in the tooth extraction sites. Any other food that the patient can tolerate is permissible. It is important that the patient drinks at least 2 quarts of fluid per day. Liquid supplements (Meritene, Nutrament, etc.) available at your pharmacy and baby foods are excellent food sources for those few days, if needed.
4. **NO SMOKING OR ALCOHOLIC BEVERAGES** for one week
5. **ANESTHESIA:** Patients who have received general anesthesia should:
 - A. **NOT** drive a vehicle or operate any machinery within the same day of surgery.
 - B. **NOT** undertake any responsible business matters within the same day of surgery.
 - C. **NOT** drink any alcohol on day of surgery.
 - D. **NOT** take any medication without approval.
6. **PAIN:** Pain is to be expected and may be severe for the first few hours. One must:
 - A. Take the prescribed medication before the anesthetic wears off, and the pain becomes evident, usually one hour following the procedure.
 - B. Take the medication to relieve the pain. If dizziness or weakness is experienced you should lie down.
 - C. Approximately 45 minutes should be allowed for you to become aware of the effect of pain medication.
7. **SWELLING:** Swelling is to be expected and may reach its maximum up to three days after surgery, but it is no cause for alarm.
Swelling may be reduced by:
 - A. Applying an ice bag or chopped ice to the operated area 15 minutes on and 15 minutes off as much as possible during the first 48 hours.
 - B. Keeping your head slightly elevated when lying down (i.e. extra pillow or two).

8. Bruising may occur. This should not be cause for alarm and should disappear within 10 days. You may have a slight earache or sore throat. Should this become worse after several days, call the office.
9. Occasionally following oral surgery, unrelated complications may occur (tonsillitis, flu or cold). This is due to the fact that the patient's resistance may be low prior to or following surgery. If you feel run down or have not eaten or slept for several days, it is wise to avoid crowds, drafts and get as much rest as possible. On the other hand, if you feel well and strong, you may carry on with your normal activities regardless of the swelling and bruising.
10. Nausea rarely occurs and may be avoided by taking pain medication with a glass of milk. If nausea is severe, stop taking the prescribed pain medication and switch to an acetaminophen based (Tylenol) medication. If pain is severe, call the office.
11. Antibiotics (Penicillin, etc.): If prescribed, must be taken as directed and for the length of time indicated on the bottle. Antibiotic medication may decrease the effectiveness of birth control pills. Therefore, patients taking birth control pills who have been prescribed antibiotics should use an additional method of contraception during the remainder of the contraceptive cycle.
12. Stitches will dissolve in 10 to 14 days without pain. This is of no concern.
13. Immediate dentures should not be removed until you have been seen by your dentist. This is usually within two days. Sores on the gums are common and will be treated on this visit.
14. Small bone fragments usually work through the gums during the healing process. They are not roots and usually fall out with a few days. If annoying, contact the office for their removal.
15. Tightness of the jaw muscles may cause difficulty in opening the mouth. This should disappear within 3 days. Application of a warm towel may be of some benefit.
16. Your lips should be kept moist with a cream or Vaseline following surgery to avoid cracking. There may be a numb feeling on your lower lip if lower teeth were removed. The feeling should return gradually. It may remain numb anywhere from a few days to a few months. This is especially true with impacted teeth.
- 17. IF ANY UNUSUAL SYMPTOMS OCCUR OR IF YOU HAVE ANY QUESTIONS CONCERNING YOUR PROGRESS, PLEASE CALL THE OFFICE AT 815-356-3977.**
18. If you have stitches and an appointment has not been made, please call for an appointment to have them removed.

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POSTOPERATIVE MEDICATION INFORMATION

You may have been prescribed several medications after your recent surgery. This information is being provided to serve as an added explanation to any received by your doctor.

- . You may have been prescribed and **ANTIBIOTIC** such as:
PENICILLIN, KELFEX, CLINDAMYSIN, DOXYCYCLINE

This medication is used to fight an existing infection or help to prevent one from developing. When taking **DOXYCYCLINE DO NOT** sunbathe or go into tanning booths, as a severe skin burn may occur. * Antibiotics make birth control pills less effective. If you are using oral contraceptives, consider using an alternative method of birth control during the **ENTIRE** cycle of pills in which the antibiotic was taken and continuing 10 days into the Next cycle.

- . You may have been prescribed **PAIN MEDICATION** such as:
VICODIN, TYLENOL 3, TYLENOL 2, DARVOCET N -100, HYDROCODONE, CODEINE OR TRAMODOL

Do not abuse this medication. Most of the pain you feel should be well controlled if you take the anti-inflammatory medication. Many patients take the strong pain medication for the first several days and then, start to develop severe pain, you may have an infection. Call the office.

- . You may have been prescribed an **ANTI-INFLAMMATORY** medication such as
LODINE OR IBUPROFEN

These types of medications reduce swelling and also control mild to moderate pain. The pain you feel after surgery will usually be well controlled with this medication, if you take it exactly how it is prescribed. Do not take the medication only when needed, as it will be less effective. **DO NOT combine** Advil or Aspirin type medication with this medication.

This type of medication should **NOT** be taken on an empty stomach.

The three different types of medication: **ANTIBIOTIC, PAIN MEDICATION, and ANTI-INFLAMMATORY** may be taken together. As always, it is better to take medication with something in your stomach. Do not swallow the pills dry. Occasionally, you may develop an upset stomach or diarrhea. If this occurs, contact the office. In the meantime, try stopping the **ANTI-INFLAMMATORY** medication first. If the stomach problems persist 8 hours after your last dose, try stopping the **PAIN MEDICATION**. Six hours later, if the stomach problems persist, stop the antibiotic. Remember to get in touch with the office. If you begin to develop any signs of an allergic reaction such as itchiness, rash, swelling of your arms or legs or difficulty in breathing, call the office at once and stop all medication. If you are having difficulty breathing or swallowing, go to

the nearest emergency room for immediate attention. Do not call your doctor. You can call the doctor from the emergency room.

Patients who have undergone implant or bone grafting procedures may have been prescribed a bone building medication such as **FOSAMAX**. Take this medication as it is prescribed: on an empty stomach with a full glass of water, an hour before breakfast. Some patients may complain of an upset stomach. If this symptom occurs, discontinue the medication and call the office.

REMEMBER, DO NOT substitute any medications prescribed without first checking with the office. Check with the office about resuming the medication you normally take for example your blood pressure medication. Typically this medication should be continued. If you take insulin, the dosage may need to be adjusted.

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