

ORAL FACIAL SURGERY ASSOCIATES
Florence 859-371-0123 Crestview Hills 859-578-9000

Oral and Maxillofacial Surgery Post-operative Instructions

1. General Care

Rest at home for 24 hours following your surgery. Strenuous activity or exercise should be avoided for one week postoperatively. After the first day, use a warm salt-water rinse (1 teaspoon of salt in a large glass of lukewarm water) to flush out food particles and debris. Also use the Peridex rinse prescribed, as directed. By the second day, tooth brushing may be instituted. If a denture has been inserted, it may be removed after 24 hours and rinsed. During the healing period, small, sharp bone fragments may loosen and work through the gum. These are not roots and usually work out on their own, but if annoying, return to the office for their removal. It is advisable not to smoke for several days following surgery.

2. Diet

Begin with clear liquids such as 7-up, Sprite, Jell-O and soup broth. Next, take full liquids such as soup and, milk products. Progress to soft foods. Suggestions include pudding, yogurt, mashed potatoes, pasta and ice cream. Return to a normal diet as soon as tolerated. Avoid using a straw for the first few days.

3. Pain Control

It is important to avoid taking pain medication on an empty stomach. After oral intake, and as soon as possible, take the medication prescribed for you. Discomfort may become more severe as the local anesthesia (lidocaine/novocaine) begins to wear off. After several hours, pain relief should be satisfactory. Take the medication only as directed. Alcoholic beverages should not be consumed while taking this medication. This medication may be supplemented with Tylenol or Ibuprofen, if so desired.

4. Nausea

Nausea can occur after oral surgery and is usually due to swallowing blood or taking pain medication on an empty stomach. Take anti-nausea medications, if prescribed, as directed. If nausea develops, wait until the sensation subsides, then start taking clear liquids in small amounts until these are well tolerated. When nausea subsides, proceed with diet instructions as above.

5. Bleeding

Following the extraction of teeth, a gauze pad is placed over the socket to control initial bleeding. Remove this gauze after one hour. A certain amount of bleeding is expected following your extractions. Repeated spitting and rinsing only aggravates bleeding. If bleeding continues, place a gauze pad directly over the bleeding site and close firmly for 1 hour. Repeat if necessary. When bleeding occurs, elevate head, avoid hot liquids and limit activity. Bleeding or oozing from incisions may occur intermittently through the first 24 to 48 hours. Gentle pressure with a gauze pad will help control this bleeding. Gauze may be removed while eating or drinking.

6. Swelling

Ice compresses may be used externally for 48 hours to help minimize swelling. Swelling will still occur and may become quite apparent by the second or third day. Use of moist, warm heat to the face may begin on the third post-operative day, 30 minutes on, 30 minutes off. The swelling should begin to subside by the fourth post-operative day, but it may take several days to completely subside.

7. Trismus

Following the removal of impacted teeth, tightness of the muscles, called "trismus," may occur causing difficulty opening the mouth. After swelling has subsided, the exercise of chewing and talking is beneficial in the return of normal opening.

8. Post-Operative Questions

Questions should be addressed during regular office hours, Monday-Thursday, 8:00am-5:00pm and Friday 8:00am-3:00pm- Our telephone is answered after hours for surgical emergencies only.

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Reasons for calling the Doctor on call are...

1. Heavy bleeding that continues beyond 24 hours after surgery.
2. Elevated temperature above 101.5 that is not controlled by Ibuprofen or Tylenol.
3. Allergic reaction (swelling, rash, breathing difficulty) to medications.
4. Persistent nausea or vomiting in spite of using anti-nausea medications.

You can wait to call us when the office is open if..

1. Pain in a surgical site increases and is not accompanied by signs of infection such as elevated temperature, purulent drainage, swelling or redness in the area.
2. A suture dissolves or is lost.
3. You have questions for the nursing staff, regarding your progress.
4. You have general questions not covered on this post-operative sheet.