

JON SHAFQAT, D.D.S.
ORAL AND MAXILLOFACIAL SURGERY

AFTER YOUR SURGERY

Follow the simple instructions to minimize complications and help insure a prompt recovery. A certain amount of bleeding, discomfort, swelling and restricted jaw function is normal.

STITCHES:

Stitches may have been placed in the extraction site. They are dissolvable and can fall out at any time, even as soon as the day of surgery.

BLEEDING:

Moisten gauze with cool tap water, fold into quarters, place over the area of surgery. Bite firmly until gauze is completely saturated. Apply constant pressure. This may have to be repeated for 5-6 hours after surgery. **If the gauze is not saturated after one hour, you can stop packing site.** A semi-upright position is advisable. Avoid spitting as it encourages bleeding. Slight oozing may occur for 1-2 days. Any secondary bleeding should be controlled in the same manner.

PAIN:

If you don't have allergies to the following anti-inflammatory medicines take Advil, Aleve, Motrin or Ibuprofen as directed. Prescription pain medication can be taken with these. If other medication has been prescribed, follow the instructions on the bottle. **WARNING:** Do not operate an automobile or mechanical equipment when taking prescription pain medication. Always eat something to coat your stomach prior to taking prescription pain medication. This will help prevent nausea. Avoid drinking alcoholic beverages for 2 hours before and 2 hours after taking medication.

INFECTION:

If an antibiotic has been prescribed, take it as directed. If you develop hives or a rash, discontinue all medication and call the office immediately at **(760) 724-7474**.

SWELLING:

Ice packs applied to the jaw immediately upon return home will help stop the bleeding. On 20 minutes, off 20 minutes for 8-12 hours. **NO ICE AFTER 12 HOURS. Then after the first 24 hours, heat applied to the jaw will reduce swelling. You should continue to use heat for several days after surgery.** You may use a heating pad or hot water bottle. A wet wash cloth in a ziplock type of plastic bag can be heated in a microwave oven and also used as a heating pad. Be careful not to get it too hot. You can easily burn your skin, especially when you are still numb.

DIET:

Cool, soft foods (ice cream, yogurt, jello, smoothie, milkshake, applesauce, pudding, etc.) are recommended day of surgery. Warm soft foods (soup, mashed potatoes, oatmeal, etc.) are allowed day of surgery once bleeding has stopped. **NO SUCKING THROUGH STRAWS** for the first 24 hours. While you are still numb from the local anesthetic, avoid foods that require chewing, as you may inadvertently bite your lip or cheek. **Normal diet may be resumed day after surgery.** No popcorn, nuts or seeds for 2 months.

ORAL HYGIENE: Start brushing the day after surgery and gently rinse your mouth with warm salt water solution of 1/2 teaspoon salt in a large glass of warm water every 3 hours while awake. If OXYFRESH MOUTHRINSE is provided, you will use that in place of the warm salt water. **Oxyfresh is NOT to be swallowed.** Be careful not to disturb the clot in the socket. A clean mouth heals faster.

NAUSEA:

A small amount of carbonated drink (7-up, etc.) every hour for 5-6 hours will usually terminate nausea. Follow this with mild tea or clear soup, etc. If nausea continues, contact this office.

Patients having dentures placed immediately following extraction of teeth should leave their dentures in place for 24 hours. They should be removed after meals to be cleaned and brushed.

Smokers are advised not to smoke for at least 4 hours after surgery.

Reduce your activity as much as possible for several hours. Avoid over-fatigue for the next few days.

Follow-up visits are important to reduce postoperative complications.

DO NOT HESITATE TO CALL THIS OFFICE IF PROBLEMS OR QUESTIONS ARISE.

PHONE (760) 724-7474

PLEASE REVIEW ADDITIONAL INFORMATION ON REVERSE SIDE.

ADDITIONAL INFORMATION

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.

1. Sedated patients will need to have someone with them for 4 to 6 hours after surgery.
2. The area operated on will usually swell.
3. The swollen area may become quite large. **MORE SWELLING CAN BE EXPECTED ON THE SECOND DAY AFTER SURGERY.** Heat applied to the cheeks will help reduce the swelling.
4. Stiffness of the muscles may cause difficulty in opening the mouth. Heat applied to the cheeks will help alleviate this.
5. You may have a slight headache or sore throat.
6. Numbness about 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.
7. Your other teeth may ache temporarily. This is called sympathetic pain and is a temporary condition.
8. Your lips should be kept moist with an ointment such as vaseline or chap stick.
9. There will be a cavity where the tooth was removed. This area should be rinsed following meals with warm salt water or OXYFRESH MOUTHRINSE (if provided).
10. 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.
11. If intravenous medications were administered, slight redness or tenderness may occur in the region of the vein. Apply a hot, moist towel and notify this office.
12. After general anesthesia or sedation, drowsiness may persist up to 24-36 hours. If this occurs, do not drive a motor vehicle or remain without supervision.
13. There may be a slight elevation of temperature for 24 to 48 hours. If temperature continues, notify this office.
14. Dissolvable sutures (stitches) may be used to close the surgical wound. They may be removed at a subsequent office visit if they have not fallen out prior to the post-op appointment. It is not uncommon for the sutures to come out at any time after surgery.