

ADVANCED ORAL & MAXILLOFACIAL SURGERY, LTD.
MARK R. WOLF, D.D.S.* ANTHONY DOHSE, D.D.S.* • ROBERT A. WOLF, D.D.S.
Diplomates, American Board of Oral and Maxillofacial Surgery*
533 W. North Ave., Suite 200 • Elmhurst, Illinois 60126
(630) 941-3400

INSTRUCTIONS FOLLOWING ORAL SURGERY

Please read these instructions carefully. They will help you to understand the normal reactions following your surgery and help to keep you as comfortable as possible. Surgery of the mouth requires careful attention to post operative instructions.

PAIN

You may experience discomfort, especially during the first 12 to 24 hours. Take the medications prescribed as indicated on the prescription. The initial dose will take 45 minutes to become effective. For mild discomfort, you may need only aspirin, Tylenol, Advil, etc. To prevent upset stomach, take your medications with food and liquids. If you develop rash or hives or diarrhea, stop all medications and call the office. The prescription may not control all of your pain the first few days after surgery.

CAUTION: The prescription may make you drowsy. Do not drive or operate mechanical equipment after taking pain medication.

BLEEDING

It is normal to have some bleeding, pink or red saliva, or clot formation during the first 24 hours. Do not be alarmed. Maintain the gauze packing for 1 hour with firm biting pressure. Keep your head elevated while sleeping or lying down. Do not disturb the wound with your fingers or by sucking on it. Avoid rinsing or spitting the day of surgery, as this may cause additional bleeding. If bleeding is excessive, place a thumb sized roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 1 hour with constant pressure. If excessive bleeding persists longer than a few hours, call the office for further instructions.

SWELLING

Some swelling is expected to develop, and it may be significant. It is not unusual for swelling to peak 3-4 days after surgery, and then slowly subside. Apply ice packs during the first 24 hours, 20 minutes on and 20 minutes off. After 24 hours, if swelling persists, use warm moist packs for 20 minutes of every hour.

ORAL HYGIENE

Do not rinse or brush the day of surgery. The day after surgery, rinse gently every 4 to 6 hours with a solution of warm salt water (½ teaspoon of salt in a large glass of warm water). You should brush your teeth, but be careful of the surgical site. Avoid mouthwashes.

SMOKING

DO NOT SMOKE after your procedures. Smoking increases your risk of poor healing, pain and infection.

PHYSICAL ACTIVITIES

Avoid fatigue and keep activities to a minimum after surgery. If general anesthetic or IV sedation was used, you must stay home for 24 hours and avoid any potential for harm during the healing process and to allow the anesthetic agents to clear your system.

DIET

A soft diet, avoiding hot liquids, is advised today. Although most extraction sites are sutured, there will still be an opening. Avoid foods that can easily get lodged in these spaces, i.e. seeds, popcorn, etc. It is expected that within 5-7 days you will be able to resume your normal diet. **Avoid straws for the first several days as these may promote bleeding.**

NAUSEA

A small amount of carbonated 7-Up or ginger ale every hour for 5-6 hours will usually terminate nausea. Follow this with weak tea or clear broth, avoiding juices or dairy products. If nausea persists, call the office.

CARE OF THE IV SITE

If any intravenous anesthesia was used, keep the injection site clean. Avoid strenuous or repetitive activity for 48 to 72 hours. Advise us immediately of any unusual soreness, pain or swelling around the injection site.

IMMEDIATE DENTURES

If you had dentures placed, do not remove them. They will be removed by the doctor or your general dentist at a future appointment.

OTHER MEDICATION

Continue other medications which you may have been taking routinely before your treatment in our office (unless otherwise directed). If antibiotics have been prescribed, please continue and complete the entire dosage. **Warning: Antibiotics may inhibit the effectiveness of oral contraceptives.**

YOU MAY EXPERIENCE:

Swelling around the surgical site.

Stiffness, causing difficulty in opening the mouth.

A slight earache.

Sore throat.

Numbness of the lip or chin on the side from which the tooth was removed.

This is most often a temporary condition.

Pain in other teeth.

Dryness or cracking of the lips. Keep them moist with vaseline.

Bruising on the face. This will slowly subside.

A slight elevation of temperature.

TELEPHONE CALLS

Please tell the receptionist the nature of your call. Some matters can be handled through our office communications system, making a return call unnecessary. If necessary, the doctor will return your call as soon as possible.

Our telephone is answered 24 hours a day. When the office is closed, our answering service can usually reach the doctor in a short time. Please call the office number **630-941-3400**.

Try to anticipate the need for prescription refills and call during office hours so that we can refer to your records. **Please have the pharmacy phone number available when you call.**

WE ARE INTERESTED IN YOUR SPEEDY RECOVERY.

IF ANY PROBLEMS ARISE, PLEASE FEEL FREE TO CALL THE OFFICE AT ANY TIME.