

## Instructions after Oral Surgery

**Pain management for children 14 and under:** We recommend children's Ibuprofen (Motrin or Advil) or children's Tylenol (as long as they are not allergic). Follow the directions according to the child's weight/age.

**Pain management for adults and teens over 14:** It is normal to have pain for the first week or so after surgery. If you've been given a prescription narcotic, take it as instructed. In addition to the prescribed narcotic, Ibuprofen (Motrin or Advil) may also be taken to better alleviate pain and inflammation. We recommended 400-600mg Ibuprofen about 2 hours after each prescribed dose of narcotic.

**Bleeding:** Bite on damp gauze for approximately one hour after surgery. If bleeding continues, replace the gauze or bite on a tea bag which has a natural coagulant. Bleeding should slow down and be controlled within the first couple hours after surgery. If bleeding does not slow considerably or stop on the day of surgery, call our office. Realize it is normal to have a little oozing resulting in blood tinged saliva for the first couple days.

**Swelling:** Some light swelling/puffiness is expected the first few days, especially after wisdom teeth removal. Placing ice on the cheek areas every hour for 20-30 minutes (on the day of surgery) will help reduce swelling and improve healing. If you notice an area of swelling that worsens very quickly, or doesn't seem to improve every few days, call us as you may have a post-op infection.

**Dry Socket:** For the first few days after extractions of adult teeth, do not: *smoke, chew tobacco, drink alcohol or carbonated beverages, suck excessively on straws, or get food into the sockets.* These activities can contribute to a painful condition called "dry socket" which is caused by a dislodged clot. If you get a dry socket, it will usually occur about 3 days after surgery and may result in severe aching of the lower jaw that does not easily subside. Although these symptoms will go away on their own after a few days, it is recommended to let us evaluate the surgical site and apply some ointment into the socket to help the symptoms go away sooner.

**Sinus Exposure:** If you had surgery near the upper back teeth, you may have thinning or exposure of the wall to the sinus cavity. This almost always heals on its own, but if you notice fluid or air entering the sinus or back of the nasal cavity, call our office. To help the sinus wall heal during the first week after surgery, avoid things that exert sinus pressure: *do not blow your nose, suck through a straw, smoke, or hold your nose while sneezing.*

**Numbness:** Avoid chewing food while you are still numb. Also ensure that no biting of the lip or cheek occurs while the numbness is still present (this is especially important for young children or patients with special needs). If numbness does not go away after several hours, call our office.

**Diet & Oral Hygiene:** A soft diet is recommended for the first few days. Protein shakes such as Ensure or SlimFast are helpful. Avoid eating or brushing in the immediate area of surgery for the first few weeks. Rinse *gently* after meals with warm salt water or an RX rinse if prescribed. You should still brush and floss the other teeth outside of the surgical areas.

**Implants/grafting:** If you had implants or grafting do not touch, disturb, or eat on the area of surgery for 3 months.

*Please feel free to call if you have any concerns or questions.*