

Smile Center Oral Surgery

Post Operative Instructions For IV Sedation

Care of your mouth after surgery has an important effect on healing. Swelling, discomfort and restricted jaw function are expected and should not cause alarm. These may be minimized by following the instructions below. Please read them carefully.

1. No rinsing, no spitting, no straws for the first 24 hours. Spitting or sucking causes bleeding to continue. Slight bleeding or oozing is normal for the next few days.
2. Smokers are advised not to smoke for at least 3 days following surgery. Smoking can cause bleeding and delay healing.
3. Replace your gauze pad every 30-40 minutes ONLY if there is active bleeding, which could last several hours. If bleeding is excessive, place a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. Once the gauze is light pink in color, you don't need it anymore. Do not lie down or sleep with gauze in your mouth (choking hazard).
4. Apply an ice pack 15 minutes on, 15 minutes off for the first 24-48 hours. Peak swelling should occur between the third and fourth day post operatively and diminish slowly thereafter.
5. Soft foods and plenty of fluids today, nothing that requires chewing until the numbness is gone. Then soft foods are recommended for the next several days, gradually resume your normal diet as soon as possible.
6. You may brush your teeth before bedtime, but try to avoid the extraction area the first couple days.
7. Starting tomorrow, the mouth may be rinsed gently with warm saltwater, 4 times daily for one week (1/2 tsp. salt for 8 oz. of water). When doing this, pour the solution in your mouth and rock your head side to side, then let it drip out into the sink (no forceful spitting).
8. If you have sutures, they will come out on their own within 5-10 days.
9. Avoid overexertion and get adequate rest. Avoiding sports, exercise and strenuous activity for at least 2-3 days is generally recommended.
10. If you have had interavenous anesthesia or while taking pain medication, do not drink alcohol, drive or run heavy machinery for 24 hours.
11. It is usually best to avoid routine or elective dental care (including orthodontic or hygiene visits) for approximately 2 weeks after surgery unless your doctor has advised otherwise.

Instructions On The Use Of Your Prescription Medications

You may have been given one or more of the following prescriptions to make your recovery more comfortable.

Penicillin, Clindamycin (Cleocin) or Amoxicillin:

This is an antibiotic to decrease the chance of infection. Take this as soon as you can. Follow the instructions on the bottle and finish all the medication.

Peridex (Chlorhexidine) Rinse:

This is a medicated oral rinse. Use twice daily, once in the morning after you have eaten and then just before bed. USE FOR ONE WEEK ONLY.

Decadron (Dexamethasone):

This is a steroid to keep the amount of swelling to a minimum. Take the first dose at bedtime on the day of surgery then follow the instructions for the next several days.

Ibuprofen (Motrin, Advil) and Tylenol (Acetaminophen):

Take 600mg of ibuprofen with Tylenol 500mg every 6 hours as needed for pain (as long as it doesn't interfere with any medical conditions that prohibit you from taking it).

DO NOT TAKE ANY MEDICATIONS ON AN EMPTY STOMACH

Signs of infection include increased pain and swelling after 3 days, redness, warmth, drainage of pus, foul smell and/or fever. If these occur, contact our office at: 229-241-1010