

SUGGESTIONS FOR YOUR COMFORT FOLLOWING ORAL SURGERY

Although pain, bleeding, and swelling are to be expected following oral surgery, they can be minimized by the following suggestions:

We recommend a soft or liquid (cold) meal upon arriving home. Good nutrition is important for good healing and must be encouraged. We do not recommend carbonated beverages or fruit juices. Chilled sports drinks are encouraged.

Following tooth extractions, we recommend no smoking, no rinsing, no hot liquids through a straw for the first 24 hours.

Some bleeding and seeping is normal during the first 24 hours following surgery. If excessive bleeding occurs, fold or roll a piece of gauze, place it over the area, and bite down with firm pressure until the bleeding stops. Gauze packs may need to be changed every 30-60 minutes to keep bleeding to a minimum.

Swelling in the cheek and jaw area is common and may be most severe 2-3 days after surgery. Apply an ice bag to the outside of the face over the affected area for the first 8-12 hours. This may help prevent some of the swelling.

Pain and discomfort caused by tooth extractions and other oral surgery are effectively reduced by using the prescribed or recommended medication according to directions. **Pain prescriptions or refills will only be made during office hours.**

A warm salt-water rinse should be used 3-4 times a day, starting the day following surgery, until tenderness is gone.

Many drugs used in our office are administered directly into the patient's vein. Most drugs are irritants and occasionally cause swelling, along with tenderness, which may not be noticed until several days following the procedure. Although this complication is generally not a serious one, the office should be notified if it occurs and the patient seen during regular office hours.

Some limitation of jaw movement is common after more difficult surgical procedures.

Nausea is not uncommon following surgery and anesthesia. Some suggestions to help reduce post-operative nausea include:

- a. No pain medication on an empty stomach
- b. Control bleeding with gauze and pressure.
- c. Rest quietly with head elevated on two or three pillows.

If nausea occurs, limit pain medication until able to tolerate clear liquids (ice chips, water, etc.) Emetrol (over-the-counter) may help reduce nausea.

If problems persist, please call the office.