

TED F. FEDER, D.D.S.

Return Appointment: _____

Diplomate American Board of
Oral and Maxillofacial Surgeons

Date: _____

Time: _____

The Grove Professional Center
9066 Tampa Avenue
Northridge, California 91324

TELEPHONE (818) 993-3700
Day or Night

HOME CARE FOLLOWING ORAL SURGERY

Special care must be taken following the removal of teeth or other surgery of the mouth and jaws. Proper home treatment is exceedingly important, and our interest in your case does not cease with the completion of your operation. If any difficulty arises after your dismissal, do not hesitate to telephone the office or to return for observation.

NOTE: When you leave the office with gauze in your mouth, please discard the gauze when you arrive home.

1. **PAIN:** Some discomfort may persist for a week or ten days following the simplest of extractions. Pain may be experienced in the ear, under the lower jaw, and in the temple region. The following procedure will keep your discomfort to a minimum: At the first sign of discomfort, take the prescribed pain medication as directed with a carbonated drink.

Since the medication that was prescribed may cause drowsiness, do not take it if you are leaving your home, especially if you intend to drive an automobile. Because of side effects, we request that you do not, at any time, take aspirin unless we specifically prescribe it for you. Avoid excessive work or play for at least 24 to 48 hours since overexertion may initiate your discomfort.

It is not necessary to remain indoors following an uncomplicated oral surgical procedure. However, following extensive or prolonged oral surgical procedures inactivity or even bed rest for at least 24 hours will significantly minimize pain, swelling, and bleeding. Your head and shoulders should be kept elevated whenever reclining or in bed for the first 48 hours.

2. **BLEEDING:** You can anticipate some oozing of blood for about the first 24 to 48 hours. To prevent bleeding:

1) Do not rinse your mouth or spit for at least 24 hours following surgery.

2) Do not use a straw.

If bleeding is extensive or prolonged, the following procedure should be followed: After rinsing your mouth with cold water, use sterile gauze to wipe away all blood clots not in the surgical site. Then take a wad of gauze or a moistened tea bag, apply it to the bleeding site and exert firm, constant pressure by biting on the gauze or tea bag for at least thirty minutes. If the bleeding persists, the process should be repeated by biting on a new gauze or moistened tea bag for thirty minutes at a time.

A quiet, upright position, the constant application of firm pressure over the wound, and ice applied to the side of the face will control most bleeding.

After 24 hours you can gently rinse your mouth with a solution of a half teaspoon of salt mixed in a glass of warm water every 3 to 4 hours. Use no other mouthwash unless specifically instructed.

Healthy blood clots in the mouth will often appear grayish. This is not a sign of infection and no treatment is indicated.

3. **SWELLING:** This is a frequent aftermath of oral surgery and may persist for as long as a week. Swelling within the first 24 hours, even if severe, is ordinarily no cause for alarm. However, if the surgical procedure has been the removal of impacted wisdom teeth, the swelling that occurs will increase for at least 48 hours before beginning to subside. To help control swelling, place an ice bag or cold, wet towel to the side of the face, 10 minutes on and 10 minutes off for the first 24 hours following surgery. Do not apply heat unless specifically instructed to do so. If wisdom teeth have been removed, continue the use of ice for 48 hours. After 48 hours, you may use moist heat, such as a warm wash cloth or towel. This will help to reduce the swelling. The face in the area of extraction may become black and blue. This will gradually disappear and requires no treatment.

4. **NAUSEA or VOMITING:** Unfortunately this is a common occurrence following surgery due to:

A) The anesthetic - this will "wear off" in 24 hours.

B) Swallowing blood - blood is very irritating to the stomach. Apply direct pressure with a tea bag or wad of gauze to the surgery site as discussed in number 2 above to stop any bleeding.

C) The medications taken - discontinue all medications, especially the pain medication, until the stomach has settled.

To settle the stomach begin with nothing but teaspoons of room temperature Coca-Cola, Seven-up, or apple juice. Sometimes Dramamine will help to settle the stomach. After this, progress to bland liquids such as broths.

5. **DIET:** Food intake is regulated by the healing of the extraction site and the comfort of chewing. For the first 24 hours you should drink only liquids such as soft drinks, soups and milk shakes (No straws!). The next day a soft diet high in protein is recommended - eggs, pasta, mashed potatoes, cottage cheese, etc. to promote healing.

Fluid intake is very important. You should always drink a minimum of a quart of liquids (in small quantities at a time) each day.

The use of alcohol and tobacco should be discontinued or kept to a minimum for the first 5 days following surgery in the mouth, since both have been proven to interfere with the normal healing process.

6. **THE FOLLOWING WILL FREQUENTLY OCCUR, AND ARE NOT CAUSE FOR CONCERN OR ALARM:**

- a. Slight oozing of blood for the first 24 hours.
- b. Swelling which occurs within the first 48 hours following surgery.
- c. Moderate discomfort for the first 24 hours.
- d. Bruising or discoloration of the skin around the area of surgery.
- e. A slightly elevated temperature during the first 24 hours.
- f. Discoloration of the blood clot, unpleasant breath odor or "bad taste" in the mouth.

7. TELL DR. FEDER OF ANY AND ALL MEDICATIONS YOU TAKE.

The effectiveness of Birth Control Pills may be reduced while taking certain prescription medications, especially antibiotics.

8. THE OFFICE SHOULD BE CONTACTED IF ANY OF THE FOLLOWING COMPLICATIONS DO ARISE:

- a. Profuse, uncontrollable bleeding.
- b. Severe, uncontrollable pain.
- c. Swelling which **begins** after the first 48 hours following surgery.
- d. A markedly elevated temperature.
- e. Any generalized skin eruption.
- f. Any situation which is not covered by these instructions and which you feel should be brought to our attention.

NOTES