

ANACAPA ORAL SURGERY DENTAL IMPLANT CENTER

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Oral Surgery Home Care 12/23

Remember:

Drink plenty of fluids. Keep well hydrated. Try to take medicines as needed with food or drink

Do not consume alcohol or nicotine during your recuperation.

Do not operate a car or machinery for 24 hours. Do not engage in heavy exercise for 4-5 days.

Discomfort: Pain varies greatly between different procedures and individual patients, and your surgical experience is sure to be different from someone else's. Most oral surgeries cause only minor pain, but removal of impacted wisdom teeth is usually quite painful, and **the discomfort may not peak for 3 to 5 days after the surgery.** Your pain may be successfully managed with over-the-counter medicine. A good strategy is alternating Ibuprofen and Tylenol every two hours if you have no health contraindications. If you were given a prescription for narcotics, it is to manage more severe pain, but **even strong pain medication seldom removes all traces of discomfort.** As your comfort improves, taper off the prescription medication first. Benadryl (over the counter allergy medication) can help with sleep. Worsening pain that radiates into the sides of the face and head is often due to spasm of the jaw muscles from clenching or grinding the teeth. Treat this with moist heat for 10 minutes followed by massaging the areas for 10 minutes several times a day. Dry socket is a term found on the internet to describe severe pain of later onset that is not related to an infection. It requires no specific treatment other than pain relief medications. If you run low on pain medication, call during business hours; **it may not be possible to refill medications after hours.**

Bleeding: Biting gently on gauze will help control and stop bleeding. Replace the gauze every 30 to 45 minutes until the gauze is only lightly spotted. Do not spit out the blood that collects in the mouth; apply the gauze instead. If bleeding seems to be persistent, don't spit the blood out, but continue changing the gauze and keeping pressure on the wounds. For problem bleeding, clotting can be improved by dipping the gauze in ice water or inserting a tea bag inside the gauze. Keep your head slightly elevated. During the first 24 hours, avoid drinking through a straw, spitting, rinsing vigorously, or having hot foods or liquids. Remove the gauze to eat, drink, and overnight sleep. **It is normal to notice occasional bleeding or blood-tinged saliva many days after the surgery.**

Fevers/ Bruising: A low-grade fever (up to 101° F) can occur for a few days after surgery. Swelling usually peaks on day 3 or 4, then resolves over the next few days. Placing ice over the surgery site may help with swelling, but **ice should only be used on the first day;** using ice beyond the first day can increase muscle spasms and subsequent pain. You may notice some bruising on your face or neck; this is not worrisome.

Diet: For the first 24 hours, limit your diet to liquids and soft foods like pasta, scrambled eggs, smoothies, soup, etc. Take in plenty of fluids. After the first day, **you may advance your diet to normal foods as your comfort permits,** but it is best to avoid hard, un-dissolvable foods like nuts or popcorn that can get stuck in the sockets.

Wound Care: After 48 hours, you can rinse (or irrigate if you were given an irrigating syringe) the wounds with warm water. Do this after meals and before bed. **It is normal to notice occasional bleeding or an objectionable odor or taste from a tooth socket** up to 3 weeks after the procedure. Sutures, if placed, dissolve in 5-7 days and may cause some irritation as they loosen and dissolve. Start brushing the teeth surrounding the surgical site with a soft toothbrush a few days after the surgery. If you have a new prosthesis and it hurts to wear it, leave it out and call your general dentist for an adjustment appointment. **If your surgery included bone or gum tissue grafting, do not drink hot liquids or irrigate the grafted areas for 2 weeks.**

Nausea /Constipation: Nausea can be a side effect from the sedation medicine, prescription narcotics, dehydration, or swallowing some blood. Nausea usually fades away without treatment, but persistent nausea can be treated with non-prescription anti-nausea medication (Bonine or Dramamine). If you are nauseated and your pain is mild, try to discontinue the prescription narcotic and use only an over-the-counter pain reliever. If your nausea is severe and prevents you from holding anything down, then a prescription/suppository is available. Constipation is common with narcotics and adding a gentle laxative like Miralax is a good idea.

Thank you for giving us the opportunity to care for you. It is an honor to be entrusted with your health. We wish you all the best for a smooth recovery. Please call us immediately if you notice severe bleeding, difficult breathing, inability to swallow, or persistent vomiting. **Call 911 if you feel there is an true emergency.**

NOTE: A parent/guardian must accompany a minor child to all appointments, including postoperative visits.