

POST-OPERATIVE INSTRUCTIONS – Oral Surgery:

If you have any questions or concerns re: your follow-up, please call Dr. Abey or Dr. Phasuk at (317) 574-0866. For day of or after surgery concerns, please call Dr. Abey on her cell at (317) 523-4075.

DAY OF SURGERY

FIRST HOUR: If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for 30 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes).

EXERCISE CARE: Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with any objects. You may brush your teeth gently. PLEASE DO NOT SMOKE.

OOZING: Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

PERSISTENT BLEEDING: If bleeding persists or becomes heavy you may substitute a tea bag for gauze (soaked in very hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office (317) 574-0866 or if after hours, call Dr. Abey's cell (317) 523-4075.

SWELLING: Swelling is often associated with oral surgery. It can be minimized by using a cold pack, or ice bag wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

PAIN: Some degree of pain and discomfort after oral surgery procedures is expected for 3-5 days following. The pain should progressively decrease after the 2nd day. Please take the prescribed pain medications as suggested. If you take the first dose before the anesthetic has worn off, you should be able to manage any discomfort better. If you do not achieve adequate relief at first, you may supplement each pain medication with an analgesic such as Tylenol (do not exceed 3000mg in one day) or ibuprofen. If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call for a refill during regular weekday business hours.

NAUSEA: Nausea is not uncommon after surgery. At times, pain medications and/or antibiotics are the cause. Nausea can be reduced by taking medications with food. Yogurt, kefir, and probiotics are recommended for use while taking high dose ibuprofen and/or antibiotic.

DIET: Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Do not use a straw for the first few days after surgery. Examples of acceptable foods post surgery are: soups, pudding, yogurt, ice cream, mashed potatoes, pureed foods. Please avoid foods such as nuts, sunflower seeds, popcorn etc, which may get lodged into healing sites. Over the next several days you may gradually progress to solid foods as you see fit. It is important to not skip meals. Regular, healthy meals will improve healing.

****If a prosthesis (denture or partial) was placed on the day of surgery by Dr. Abey or Dr. Phasuk, it is imperative you DO NOT remove the denture or partial from the mouth for the first 24 hours, even at bedtime. This will protect the surgical sites and promote initial healing. Do not rinse or clean the surgical sites for the first 24 hours. Dr. Abey or Dr. Phasuk will remove the prosthesis and clean the sites at your first post-operative appointment.**

Instructions for the second and third days:

MOUTH RINSES (after 24 hours): Keeping your mouth clean after surgery is essential. If Chlorhexidine (prescription) oral rinse was provided to you post-surgery, you may begin using it 24 hours after surgery and continuing use 2X's per day for 7 days post-surgery. Please use it once in the morning after breakfast and once just before bed. Do not rinse with water after use for at least 30 minutes. You may either lightly "flush" the site using the irrigating syringe provided, gently swish and expectorate or saturate a gauze square and lightly wipe the surgical site(s) clean. In addition to Chlorhexidine, please use frequent salt water rinses: 1 teaspoon of salt dissolved in an 8-ounce glass of warm water and gently swish with portions of the solution. Repeat until the glass is empty. Repeat as often as you can, but at least two or three times daily.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

HOT APPLICATIONS: You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

HEALING: Normal healing after tooth extraction should be as follows: the first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you don't see continued improvement, please call our office.

It is our desire that your recovery be as smooth and pleasant as possible. **It is imperative that you continue taking your normally prescribed medications by your physician before, during, and after surgery.** Following these instructions will assist you, but if you have questions about your progress, please call Dr. Abey or Dr. Bishop at (O) 574-0866 or (C) 523-4075.

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