SEVEN OAKS ORAL AND MAXILLOFACIAL SURGERY

3226 Hidden Timber Dr, Ste B. Lake Orion, MI (248) 393-1888

POST-OPERATION INSTRUCTIONS FOR PATIENTS

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY. The after-effects of oral surgery vary per individual, so not all these instructions may apply. Please feel free to call our office any time should you have any questions or are experiencing any unusual symptoms following your treatment.

DAY OF SURGERY:

IMMEDIATELY AFTER SURGERY. Patients who receive general anesthetic should return home from the office immediately upon discharge and lie down with the head elevated until all the effects of the anesthetic have disappeared. Anesthetic effects vary by individual, and you may feel drowsy for a short period of time or for several hours. You should not operate any mechanical equipment or drive a motor vehicle for at least 24 hours if you feel any residual effect from the anesthetic.

1. Do not drive or use appliances or equipment that could be dangerous, such as power tools, stoves, burners, lawnmowers, or garbage disposals.
2. Watch out for dizziness. Walk slowly and take your time. Sudden changes of positions may also cause nausea.
3. Do not make any important decisions.
4. Do not drink any alcoholic beverages. The drug in your body may cause your reaction to alcohol to be dangerous.
5. Diet: If you feel nauseated or sick to your stomach, drink clear liquids like 7-up, broth, apple juice, ginger ale, tea, cola, or eat jello. If these liquids do not make you sick to your stomach, try eating soft foods like potatoes, rice, pasta, and cereal.
6. **Discuss any questions you may have with your surgeon, Dr. John, Monday through Friday, 9 a.m. to 4:30 p.m. at (248)393-1888. For questions after regular business hours, Dr. John can be reached at (248)393-1888 through our answering service.**

ORAL HYGIENE AND CARE. Do not disturb the surgical area the day of the surgery. Bite down firmly on the gauze pack that we have initially placed over the surgical area, making sure that they remain in place. Do not change them for the first hour unless the bleeding is not being controlled. This is important to allow blood clot formation on the surgery site. The gauze may be changed when necessary and /or repositioned for comfort. DO NOT drink with a straw and DO NOT rinse or brush your teeth vigorously or probe the area with the tongue, any objects or your fingers. You may brush your teeth gently the following day, carefully avoiding the surgical site. DO NOT SMOKE for at least 72 hours, since it is detrimental to the healing process.

Start rinsing your mouth with a warm salt-water rinse, the morning after surgery (1/2 tsp. salt and 1 cup water) every 2-3 hours or after meals. **Continue this for several days, then rinse 3-4 times a day and after meals for the next 2 weeks.** You may start normal tooth brushing the day after the surgery or after bleeding is controlled. It is imperative to keep your mouth clean, since an accumulation of food or debris may promote infection.

SWELLING OR BRUSING. Swelling is to be expected and usually reaches its maximum in 72 hours. To minimize swelling, cold packs or ice bags wrapped in towels should be applied to the face adjacent to the surgical area. **This should be applied 20 minutes on and then removed for 20 minutes during the first 72 hours after surgery.** If you were prescribed medicine for the control of swelling, be sure to take it as directed. **After 72 hours, it is usually best to switch from using the cold pack to applying moist heat or a heating pad to the same area until swelling has receded.** Bruising may also occur, but should disappear soon. Tightness of the jaw muscles may cause difficulty in opening the mouth. This should disappear within 7 days. Keep lips moist with cream or Vaseline to prevent cracking or chapping.

BLEEDING. Some bleeding is normal, and blood-tinged saliva may be present for 24 hours. This may be controlled by placing fresh gauze over the surgical area and biting down firmly for 30-60 minutes. If bleeding persists or becomes heavy, substitute a moist tea bag (first soak in warm water, squeeze dry and wrap in moist gauze) on the area for 20-30 minutes. If the bleeding continues, please call our office.

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DIET. Eat any nourishing food that can be taken with comfort. It is advisable to confine the first day's food intake of bland liquids or pureed or soft foods. Avoid foods like nuts, sunflower seeds or popcorn, which may get lodged in the socket areas. Over the next several days, you may progress to more solid foods. Proper nourishment aids in the healing process. If you are a diabetic, maintain your normal diet as much as possible and follow your physician's instructions regarding your insulin schedule.

PAIN AND MEDICATIONS. Unfortunately, most oral surgery is accompanied by some degree of discomfort. Take the pain medication prescribed as directed. The local anesthetic administered with the general anesthetic during your surgery normally has a 3–6-hour duration, and it may be difficult to control the pain once the anesthetic wears off. We, therefore, advise you to take the pain medicine within 2 hours after your surgery. If you do not achieve adequate pain relief, you may supplement each pill with analgesic such as aspirin or acetaminophen (Tylenol) unless otherwise directed by your doctor**. Taking pain medication with soft food and a large volume of water will lessen any side effects of nausea or upset stomach.**

If you were prescribed an antibiotic and are currently taking oral contraceptives, you should use an alternative method of birth control for the remainder of that cycle.

ORTHODONTIC APPLIANCES. If you wear an orthodontic appliance, please consult with the doctor before replacing the appliance in your mouth to minimize risk of further complications to the surgical area. If an appliance is left out of the mouth for an extended period of time, it can become difficult or impossible to reinsert it.

INSTURCTIONS FOR AT HOME CARE

ORAL HYGIENE. Keeping your mouth clean after surgery is essential. Keep rinsing with warm salt-water to clean your mouth at least 2-3 times daily for the next 2 weeks. Begin your normal tooth brushing routine as soon as possible after surgery. Soreness and swelling may prevent rigorous brushing of all areas but make every effort to clean your teeth with your comfort level.

CARE OF SURGICAL AREA. After 72 hours, apply a warm compress to the skin overlying areas of swelling for 20 minutes on and 20 minutes off to help soothe the tender areas. This will also aid in reducing swelling and stiffness. If you were given an irrigation syringe, start using it one week after surgery to keep the socket clean. Fill it with warm salt water and irrigate any open sockets gently, especially after eating.

OTHER POSSIBLE POST-SURGERY EFFECTS

DRY SOCKETS. The blood clot on the surgical site may be lost causing a dry socket (usually on the 3rd to 5th day). There will be a noticeable, distinct, persistent pain in the jaw area, often radiating toward the ear and forward along the jaw which may cause other teeth to ache. If you do not see a steady improvement during the first few days after surgery, or if severe pain persists, please call our office to report these symptoms.

SKIN DISCOLORATION. This may be expected and is usually limited to the neck or cheek area near the surgical site. This is caused by bleeding through the mucous membranes of the mouth beneath the skin and appears as a bruise. If discoloration occurs, it often takes a week for it to completely disappear. Occasionally, the arm or hand near the site where the needle was placed to administer IV drugs may remain inflamed and tender. This is caused by chemical irritation in the vein. Aspirin and application of heat on the area will usually correct these symptoms.

NUMBNESS. Loss of sensation of the lip and chin may occur, usually following lower wisdom teeth removal. This is usually temporary and disappears within a few days or weeks. Occasionally some numbness may persist for months, due to the close association of the roots of the teeth to the nerve that supplies sensation to the areas described. **Please call our office if you are still numb 6 hours after being sent home.**

It is our desire that your recovery be as pleasant as possible. If you have any questions about your progress or any symptoms that you are experiencing, **please call our office at (248) 393-1888. After office hours, you may call Dr. John at (248) 456-0207 through our answering service.**