

Facial Surgery Group

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PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY. THE AFTER EFFECTS OF ORAL SURGERY VARY PER INDIVIDUAL SO NOT ALL OF THESE INSTRUCTIONS MAY APPLY.

PREOPERATIVE INSTRUCTIONS

If you are planning on going to sleep (general anesthesia) for your procedure, please do not eat or drink anything, including water, six (6) hours prior to your appointment. Someone must drive you home after surgery, if you do receive general anesthesia. Parents must accompany minor children for all procedures. Taking 600 mg Ibuprofen (Advil or Motrin) or two (440 mg) Naproxen (Aleve) one hour prior to your appointment with a sip of water or as soon as you return home can improve your pain control postoperatively and decrease swelling. This can be continued after surgery in addition to the prescription pain medication

POSTOPERATIVE INSTRUCTIONS

IMMEDIATELY AFTER YOUR SURGERY. Patients who receive general anesthesia 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 duration may 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, power tools or drive a motor vehicle for at least 12 hours or longer if you feel any residual effects from the anesthetic or while taking pain medication.

BLEEDING. Some bleeding is normal and saliva tinged with blood may be present for several days. The gauze pack, which was placed over the surgery site, can be removed 30 minutes after surgery. Slight oozing is normal for a day or two after the surgery. **If there is no active bleeding, leave the gauze out.** For continued bleeding, lie down with your head elevated, wipe off any excess blood or clot over the socket, place a fresh folded gauze pad over the extraction site, and apply continuous pressure for 20-30 minutes. Remember no spitting, sucking thru a straw or rinsing for 24 hours. If bleeding persists or becomes heavy, substitute a moist tea bag (first soak in hot water, squeeze dry and wrap in moist gauze) on the area for 20-30 minutes. If bleeding continues, please call our office.

PAIN AND MEDICATIONS. Unfortunately most surgery is accompanied by some degree of discomfort. Take the pain medication prescribed as directed when you feel the local anesthetic wearing off. The local anesthetic administered during your surgery can last 2-12 hours depending on the type of anesthetic given. Eating soft food and drinking fluids prior to taking the narcotic pain medication will decrease the chance of nausea or stomach upset side effects. Avoid milk products if nauseous. Taking Ibuprofen (200 mg for every 50 lbs of weight) every 6 hours or Naproxen (Aleve) 440 mg every 12 hours will improve your pain control, decrease swelling and lessen the need for pain medications. It is okay to take ibuprofen or naproxen with the narcotic pain medication. **If you are prescribed antibiotics and are currently taking oral contraceptives, you should use an alternative method of birth control for the remainder of your cycle.**

SWELLING. Swelling is to be expected and usually reaches it's maximum in 36-48 hours. To minimize swelling, keep your head elevated even while sleeping and apply cold packs to the face adjacent to the surgical area. This should be applied for 20 minutes, then removed for 20-30 minutes repeatedly the first 24-48 hours while awake. The regular use of Ibuprofen or Naproxen may also decrease the degree of swelling. After 48 hours, it is usually best to switch from using the cold pack to applying moist heat 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. Keep lips moist with cream or Vaseline to prevent cracking or chapping. Avoid straining and exercise until swelling has resolved.

DIET. Eat any nourishing foods that can be taken with comfort. Try to avoid chewing in the surgical area. It is advisable to confine the first few days food intake to bland liquids and soft textured foods. Avoid foods, like nuts, sunflower seeds or popcorn, which may get lodged in the socket areas. Do not use a straw for the first few days after surgery and avoid extremely hot foods. Over the next several days you may progress to more solid foods. Proper nourishment aides 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. With some bone grafts you may be asked to avoid citrus products and carbonated beverages for three weeks. **Do not drink alcohol for 24 hours after surgery or while taking pain medications.**

FOOD SUGGESTIONS: Immediately after surgery you may have mushy, soft textured foods, such as slushes, apple sauce, Jell-O, pudding, cottage cheese, yogurt, soups, mashed potatoes, oatmeal, scrambled eggs, soft pasta, etc. While you are numb, avoid hot drinks and food that requires chewing. You may increase the texture of your food as your swelling decreases, but avoid chewing directly over the surgical area until the sutures are removed or fall out.

ORAL HYGIENE. On the day of the surgery, do not rinse your mouth, brush your teeth, spit or use a straw when drinking. This may dislodge the blood clot or interrupt the normal course of healing. The morning after your surgery resume gentle brushing (away from the surgical area) and rinsing with warm salt water (1/2 tsp. of salt in a glass of water or tablespoon per quart). Rinse the mouth 5-6 times a day, especially after meals, until the area has healed (usually 7 – 10 days.) If you are given a prescription for Peridex (Chlorhexidine), please rinse for 1 minute twice each day (in the morning and before going to bed) with 1 capful (in addition to the salt water rinses). You may gently start the Peridex the night of the surgery before going to bed if no bleeding is present. If oozing is present, delay Peridex until the next morning. It is imperative to keep your mouth clean, since the accumulation of food debris may promote infection. **Do not smoke** for at least 72 hours since it is detrimental to the healing process. If dissolvable sutures were placed, they will fall out on their own in a few days and will not require removal. If you are given an irrigating syringe, start using it on the lower sockets 7 days after the surgery to keep the sockets clean. This should be continued, especially after meals, until the sockets have closed. This may take several weeks. If immediate dentures have been inserted, please do not remove for 24 hours. The dentures should then be removed for the salt water rinses and then reinserted.

DRY SOCKETS. The blood clot on the surgical site may be lost causing a dry socket (usually on the 3rd to 7th day). There will be a noticeable, distinct, persistent pain in the jaw area. The pain often radiates toward the ear and forward along the jaw, which may cause other teeth to ache. If you do not see steady improvement during the first few days after surgery or if sever pain persists, please call the office to report these symptoms.

SKIN DISCOLORATION. Bruising may occur and is usually limited to the cheek and neck area near the surgical site. This is caused by bleeding under the gum tissue of the mouth in the area of the surgery. If discoloration occurs, it often takes a week or more for this to completely disappear.

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 teeth, lower lip and chin. If numbness persist for more than 3 weeks, please call the office for an evaluation.

SHARP EDGES. If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling bony walls which once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

Keep in mind it is reasonable to expect your normal activities to be disrupted following a surgical procedure. It is our desire that your recovery be as smooth and pleasant as possible. If you have any questions about your progress or any other symptoms you are experiencing, please call our Plaza office at **(816) 561-1115** or the Barry Road office at **(816) 741-8999**. **If calling after hours, you will be given the option to be contacted by a doctor.**

I have received verbal and written instructions on post operative care.

Patient: _____