**POSTOPERATIVE 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.**

**PREOPERATIVE 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.

**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 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 and citrus products for three weeks (in addition to the salt water rinses). You may gently start the Peridex the night of surgery before going to bed if no bleeding is present. If oozing is present, delay Peridex until the next morning. It is our experience that many patients feel the greatest pain 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 so not all of these instructions may apply.

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**ORAL HYGIENE AND CARE.** 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 the Barry Road office at (816) 741-8999. If calling after hours, you will be given the option to be contacted by a doctor.

**SWELLING.** Swelling is to be expected and usually reaches its maximum in 36-48 hours. To minimize swelling, keep in mind it is reasonable to expect your normal activities to be disrupted following a surgical procedure. It is our experience that many patients feel the greatest pain 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 so not all of these instructions may apply.

**TIGHTNESS OF THE JAWS.** Keep lips moist with cream or Vaseline to prevent dryness, which once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the following 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 surgery before going to bed if no bleeding is present. If oozing is present, delay Peridex until the next morning. It is our experience that many patients feel the greatest pain 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 so not all of these instructions may apply.

**SHARP EDGES.**勿吸烟 for more than 3 weeks, please call the office for an evaluation.

**NUMBNESS.** Loss of sensation of the lip and chin may occur, usually following lower wisdom teeth removal. This is due to the close association of the roots of the teeth to the nerve that supplies sensation to the teeth and lips. If numbness persists, it usually temporary and disappears within a few days or weeks. Occasionally, some numbness may persist for months due to pressure on the nerve during the extraction. Do not use items that require chewing or pressure for 20-30 minutes. If bleeding continues, please call our office.

**SNIFFING.** Loss of smell may occur. If severe or persistent, please call the office.

**NURSES.** Food and fluid in the mouth may be present for several days. If present, use your index finger to wipe off any excess blood or clot over the socket, place a fresh gauze pad over the extraction site, and apply continuous pressure. Do not rinse or gargle with cold water, avoid spitting, avoid blowing through your nose to prevent dislodging the blood clot or interfering with the normal course of healing. The morning after your surgery can improve your pain control postoperatively and decrease swelling. This can be continued after surgery in addition to the prescription pain medication.

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Patient: ____________________________________________________

I have received verbal and written instructions on post operative care. If there is no active bleeding, leave the gauze out. Some bleeding is normal and saliva tinged with blood may be present for several days. The gauze pack, which is made of gauze and cotton, will absorb the blood until it is removed. This will absorb approximately 3-4 hours. You can remove it when it 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.

When to call the office:

1. If there is a need for local anesthesia.
2. If a facial nerve palsy develops.
3. If you have any questions or concerns.

If you have any questions during office hours, please call the office at 816-741-8999.

DIET. Eat any nutritious 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 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. (If a bone graft was performed you may be asked to avoid citrus products & 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.

ORAL HYGIENE AND CARE. 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 use 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 Periex (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 Periex the night of your surgery before going to bed if no bleeding is present. If oozing is present, delay Periex 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 a 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 be removed for the salt water rinses and then reinserted.

SHARP EDGES. Immediately upon discharge, and lie down with the head elevated until all the effects of the anesthetic have disappeared. Post-operative pain and medications:

POSTOPERATIVE PAIN MANAGEMENT

The pain experienced in the area of the surgery is caused by irritation following surgery. This is a normal occurrence. The pain will subside in a few days and will not require medication. If pain increases or continues, please call the office.

Anesthetic duration may vary by individual and you may feel drowsy for a short period of time or for several hours. You should plan to have someone drive you home. This is a normal occurrence. You should have the proper pain medication available at home. The 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 surgery can improve your pain control postoperatively and decrease swelling. This can be continued after your surgery as needed.

PREOPERATIVE INSTRUCTIONS

Parents must accompany minor children for all procedures. Taking 600 mg 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 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 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. (If a bone graft was performed you may be asked to avoid citrus products & carbonated beverages for three weeks) Do not drink alcohol for 24 hours after surgery or while taking pain medications.

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