



**Mission Valley
Oral & Maxillofacial Surgery, Inc.**

**Fred W. Hammond, D.D.S.
Tim S. Smith, D.D.S.
Robert H. Riding, D.D.S.
Kenneth Spint, D.M.D.**

2878 Camino del Rio South • Suite 210
San Diego, CA 92108
619/ 298-2200 • Fax: 619/ 298-2250

POST OPERATIVE INSTRUCTIONS

PLEASE READ THESE INSTRUCTIONS CAREFULLY. Sometimes the after-effects of oral surgery are quite minimal, so all of these instructions may not apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office any time for clarification.

INSTRUCTIONS FOR THE DAY OF SURGERY

ACTIVITY

Plan to rest the remainder of the day. You are likely to be unsteady and have balance problems today. Do not shower/bathe today. Do not attempt to operate vehicles, power tools, machinery the day of surgery. Do not sign legal documents or make important decisions. It's important that a responsible adult is with you the first day to assist in your post-operative care.

FIRST HOUR

Bite down gently but firmly on the gauze packs that have been placed over the surgical areas. Make sure they remain in place. Do not change them for the first hour unless the bleeding is not being controlled. If active bleeding persists after one hour, place new, moist gauze over the surgical site for another 30-60 minutes. If the gauze does not apply direct pressure to the bleeding site, it will not stop the bleeding.

EXERCISE CARE

Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with any objects or your fingers. You may brush your teeth gently once the bleeding has stopped. DO NOT SMOKE for at least 48 hours, since it is very detrimental to healing.

STEADY BLEEDING

Bleeding should never be severe. If you experience bleeding with the packs in place, it usually means that the packs are positioned incorrectly. They are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning fresh packs over the surgical site. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in hot water, squeezed damp-dry and wrapped in moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office. Remember: slow, minor oozing is not an emergency and can continue intermittently for several days after surgery and does not require treatment.





**Mission Valley
Oral & Maxillofacial Surgery, Inc.**

**Fred W. Hammond, D.D.S.
Tim S. Smith, D.D.S.
Robert H. Riding, D.D.S.
Kenneth Spint, D.M.D.**

2878 Camino del Rio South • Suite 210
San Diego, CA 92108
619/ 298-2200 • Fax: 619/ 298-2250

POST OPERATIVE INSTRUCTIONS CONT.

SWELLING

Often there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 to 48 hours after surgery. After 48 hours, it is usually best to switch from ice to moist heat to the same areas.

PAIN

Take the first pain pill before the anesthetic has fully worn off. Continue taking the medications as prescribed for the first day or two, then just as needed. If you do not achieve adequate relief, you may supplement each pill with an analgesic such as Motrin®. If the pain pill has Tylenol®, or acetaminophen, don't take additional Tylenol®. Some people may even require two of the pain pills at one time during early stages. The most severe discomfort is usually within the first six hours after the anesthetic wears off, after that your need for medicine should lessen.

NAUSEA

Nausea is sometimes caused by stronger pain medications. Nausea may be reduced by preceding each pill with a minimal amount of soft food, then taking the pill with a large volume of water. Try to keep taking clear fluids and minimize the pain medication, but call us if you do not feel better or if repeated vomiting is a problem.

DIET

Cold foods are better the first day. Avoid hot foods. Avoid the use of straws. Confine the first day's intake to bland liquids or pureed foods (puddings, yogurt, milk shakes, etc.). Avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Over the next several days you can progress to solid foods at your own pace.

INSTRUCTIONS FOR THE SECOND DAY THROUGH ONE WEEK

MOUTH RINSES

Keeping your mouth clean after surgery is essential. If you were prescribed Periogard®, use it as directed. Also, use one-quarter teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least 8-10 times daily for the next five days. Remember, the more you rinse with the saltwater, the better.





**Mission Valley
Oral & Maxillofacial Surgery, Inc.**

**Fred W. Hammond, D.D.S.
Tim S. Smith, D.D.S.
Robert H. Riding, D.D.S.
Kenneth Spint, D.M.D.**

2878 Camino del Rio South • Suite 210
San Diego, CA 92108
619/ 298-2200 • Fax: 619/ 298-2250

POST OPERATIVE INSTRUCTIONS CONT.

BRUSHING

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

HOT APPLICATIONS

Apply warm compresses to the skin overlying areas of swelling (hot water bottle, moist hot towels, heating pad) for 20 minutes on and 20 minutes off to help soothe those tender areas. This will help decrease stiffness.

SYRINGE

If you were given an irrigating syringe, start using it after surgery to keep sockets clean. Fill it with warm water and irrigate any open sockets gently, especially after eating.

DRY SOCKETS

The first to third day after surgery are usually the most uncomfortable with some degree of swelling and stiffness. From the fourth day on GRADUAL, STEADY IMPROVEMENT should mark the remainder of your post-operative course. If a DRY SOCKET occurs (loss of blood clot from socket, usually on the 4th to 6th day), you will experience a noticeable, distinct, persistent throbbing pain in the jaw, often radiating toward the ear and forward along the jaw to cause other teeth to ache. If this occurs, don't suffer needlessly. Call the office and report your symptoms so you can be seen as soon as possible. A medicated dressing can be placed that will alleviate the pain.

I have received these instructions and they have been reviewed verbally with me as well and my questions regarding these instructions have been answered to my satisfaction.

Patient Signature

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office at 298-2200. Please try to call during office hours, however, a 24-hour answering service is available for after hours contact with a doctor. Calling during office hours will afford a faster response.

