



SMILE CREATIONS

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ORALSURGERY

POST OPERATIVE/DISCHARGE INSTRUCTIONS

Most oral surgical procedures, with attendant incision and reflection of soft tissues and sectioning of hard tissues are followed by varying degrees of swelling and stiffness of the jaws and oozing of blood as well as discomfort. In order to minimize these post-op symptoms it is important for you to carry out these home care instructions to the best of your ability.

1. BLEEDING:

Moist gauze pads have been placed over the surgical sites so that with your back teeth together, pressure is exerted on the surgical sites. These pads should be left in place for about 45 minutes to 1 hour and then should be removed. If bleeding is found to be excessive, another moistened gauze pad may be placed over the surgical site and held in place with biting pressure for 30 minutes. This may be repeated, but only if bleeding is found to be excessive. Some continued slow pink oozing is to be expected for the next 24-48 hours, so don't be alarmed to wake up in the morning after your surgery and find you have blood in your mouth.

2. PAIN:

Pain response to oral surgery procedures varies with each individual and with the procedure accomplished. The prescribed medication should be started within 30-60 minutes after the surgery has been completed. Do not exceed the recommended dosage found on the instruction label of your prescription. Unless otherwise indicated, take the medication with milk or some other food in order to avoid stomach upset. The medication may make you drowsy, so do not drive, operate machinery, carry a firearm, or drink alcohol while taking it. As soon as you feel that the strong pain medications no longer needed, mild discomfort is better managed by the use of Motrin, Aspirin, or Tylenol. Remember, depending on the extraction, you may experience moderate pain for 2-3 days after the surgery. Should moderate pain persist for more than 3 days, you need to see your dentist.

3. SWELLING AND STIFFNESS:

Varying degrees of swelling and jaw stiffness will be noted, depending on the difficulty of the extraction. Management consists of the following:

- a. ICE: Ice packs should be applied to the involved sides of the face for at least the first 8-12 hours: 10 minutes on and 10 minutes off. Replenish the ice when necessary. You can fill a plastic bag with chopped ice, seal it with a rubber band, wrap it with a small towel, and contour the pack to the cheek. Ice **SHOULD NOT** be applied after the first 24 hours have elapsed. Swelling usually reaches its peak on the 2nd or 3rd day and slowly resolves over the next several days. If the swelling increases after the third day, have the dentist examine you.