

Post-Operative Instructions for Patients

IMMEDIATELY AFTER SURGERY

If you received IV anesthesia, nitrous oxide, local anesthesia or Valium as pre-medication you should return home and lie down with the head elevated until all the effects of the anesthetic have disappeared. Effects vary and you may feel drowsy for a short period or for several hours. You should not operate any mechanical equipment or drive a vehicle for at least 12 hours or longer if you feel any residual effect from the anesthetic. We want you to drink clear liquids initially.

1. **DO NOT** drive or use equipment that could be dangerous such as power tools, burners, stoves, lawn mowers or garbage disposals.
2. Watch out for dizziness. Walk slowly and take your time. Sudden changes of position can also cause nausea.
3. **DO NOT** make any important decisions or purchases. You may change your mind tomorrow.
4. **DO NOT** drink any alcoholic beverages for 24 hours.
5. **DO** drink clear liquids such as water, apple juice, broth, tea, or Gatorade-like drinks before eating solid food.
6. If you are experiencing nausea and vomiting, call before 4pm so that medicine may be prescribed.

DAY OF SURGERY

Oral Hygiene

1. **DO NOT** disturb the surgical area today. **DO NOT SLEEP ON SIDE OF FACE**, only sleep upright. Bite down firmly on fresh gauze every 45 minutes until bleeding stops (may take up to 12 hours). Remove gauze to drink or eat soft food. A moist tea bag may be substituted in place of gauze to control bleeding. Call the office if heavy bleeding persists more than 3 hours.
2. **DO NOT SMOKE** for at least 1 week.
3. **DO NOT** rinse or brush your teeth until tomorrow.
4. **DO NOT** use a straw for 1 week.
5. If an immediate denture is placed, leave it in for 24 hours then remove each night. Do not wear denture at night after this first 24 hour period. Leaving the denture out at night allows the gingival tissues to "breathe" and minimizes bone loss.

Facial Care

1. Swelling is expected and will peak in 48 hours. Place ice packs to face and region of treatment for 24 hours, changing ice every 15 minutes. After 24 hours, warm compresses may be applied. **DO NOT allow ice or heat to burn skin.**
2. Bruising may occur but will disappear in time.
3. Tightness of the jaw muscles may restrict opening but will resolve usually in 2-4 weeks.
4. Lips may feel dry, apply Vaseline ointment regularly for 3 days.

Diet

1. Begin drinking clear liquids and once tolerated move to more soft food such as mashed potatoes, rice dishes, soups, pastas, oatmeal, apple sauce, smoothies, etc.
2. Avoid nuts, seeds, crunchy foods, chewy breads and popcorn.
3. You may progress to more solid foods during the week.
4. If you are a diabetic, maintain your normal diet and follow your physician's instructions regarding your insulin schedule. Don't forget to check your blood glucose regularly.

Pain Management

1. Local anesthesia administered in the office has a duration of 3-5 hours.
2. Take the pain medicine with soft food and a large volume of water to lessen any side effects of nausea.
3. Take the pain medicine as prescribed.
4. You may supplement each dosage with ibuprofen type products such as Motrin, Advil or Aleve,

provided you are not allergic. Do not supplement with additional Tylenol because Tylenol is in the narcotic pain tablets.

5. Please call the office during normal business hours to refill a pain medicine prescription (828) 438-1010.

Orthodontic Appliances

You may insert and wear appliances 24 hours after surgery unless otherwise instructed. Refer to first page concerning dentures.

DAY AFTER SURGERY

1. Begin brushing your teeth as normal.
2. Start rinsing your mouth with warm salt water (1 teaspoon salt to 8oz water) 3-4 times a day, especially after eating. You may use the prescription mouth rinse as well (you may dilute to suit taste), two times a day.
3. Use the curved-tip syringe to rinse your extraction sockets, concentrating on the lower sites to prevent food entrapment. Again you may rinse the sockets with the salt water or prescribed mouth rinse. Please use the syringe and direct it in the open wound.
4. Resume normal daily medicine as prescribed by physician such as Coumadin, baby aspirin, high blood pressure medicine this day after surgery.

DRY SOCKET

The blood clot at the surgical site may break down causing a dry socket (usually on the 3rd to 5th day after a mandibular tooth extraction). There will be a noticeable, distinct, persistent pain in the jaw that radiates to other teeth and ears. A foul odor may arise. If pain medicine does not relieve the aching and radiating pain please call the office to schedule an appointment to apply a dry socket dressing.

NUMBNESS

Loss of sensation of the lip, tongue, teeth and chin may occur, usually following lower wisdom teeth removal. This is usually temporary and disappears in 4-6 weeks. Occasionally, some numbness may persist for 3-6 months and rarely long-term, due to the close association of the roots of the teeth to the nerve that supplies sensation to these areas. Please notify the office during the post-operative examination if you are still numb.

HOME CARE BAG

Items to be found in the bag are: toothbrush, reusable ice-pack, Penguin Happy Healer, gauze, curved-tip syringe, and post-operative appointment card. Use the toothbrush for 1 week, use the gauze until bleeding stops, and use the syringe for 4 weeks irrigating food from the socket(s). Ice-pack can only be refrigerated, not re-frozen. The Penguin Happy Healer may be placed in the freezer and re-used. Due to COVID-19, we will call patient in 1 week to check on recovery and healing.

OFFICE HOURS and AFTER HOURS PHONE NUMBER

Dr. Amy Brooks, PLLC

8:00 - 5:00 pm, M - Th, Fridays by appointment only

12:00 - 1:00 pm Closed for Lunch

(828) 438-1010 phone (828) 438-1044 FAX www.drbrooksnc.com

(In case you have an emergency and/or need the assistance of Dr. Brooks after hours, you may call [\(828\) 496-3008](tel:8284963008) to leave a detailed message. Dr. Brooks will return your call as soon as possible.

SINUS PRECAUTIONS FOR PATIENTS WHO HAD UPPER TEETH REMOVED

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. Certain precautions will assist healing and we ask that you faithfully follow these instructions.

1. Take prescriptions as directed.
2. Do not forcefully spit forcefully for a week.
3. Do not smoke for a week.
4. Do not use straws for a week.
5. Do not forcefully blow your nose for at least 2 weeks, even though your sinus may feel "stuffy".
6. Try not to sneeze, it will cause undesired sinus pressure. Try to keep your mouth open if you sneeze.
7. Eat only soft foods for 3 days, try to chew on the opposite side.
8. Do not rinse vigorously for a week. Gentle salt water swishes or the prescribed mouth rinse may be used.
9. Slight bleeding from the nose is not uncommon for several days following surgery.

Keep our office advised of any changes in your condition and please keep all future appointments until this issue is resolved.

Refer to previous page for office phone number and an after hours number.

