

Oral Surgery

Bleeding

1. Keep gauze pack in place 30 minutes with constant pressure. Avoid chewing on the gauze and just hold it in place without opening or closing. Talking should be kept to a minimum for 3-4 hours. Some oozing and discoloration of saliva is normal. If bleeding persists, replace the gauze used to stop bleeding with moist fresh gauze. You may also use a wet tea bag with pressure on the surgical site if there is a problem with continued bleeding.
2. Keep head elevated and rest, avoid any strenuous work or exercise for the next 48 hours.
3. Do not suck or spit excessively for the first 48 hours (this includes smoking or drinking through a straw).
4. Avoid carbonated drinks or drinks containing alcohol for the first 48 hours.

SWELLING

1. During the first 24-36 hours, Ice bags or cold compresses may be applied to the region of surgery for 20 minutes and then left off for 20 minutes.
2. **Never use heat during the first 3 days.**

PAIN

1. Take 800mg(four 200mg tablets) ibuprofen before the numbness subsides--- and rest. The pain is much more difficult to overcome if administration of the medication is postponed until the pain begins.
2. Continue pain medication in the days following if needed. The goal of the medication is to control the pain and not to eliminate the soreness

DIET

1. A high-calorie and a high-volume liquid diet is best for the first 12 –24 hours (you may have to grind up your food).
2. Food in the first 12 hours should be soft and cool (ice cream and milkshakes); this will sooth the area and prevent trauma that would cause any bleeding episodes. Absolutely no hot foods for the first 24 hours **only**. An adequate intake of fluid is typically 2 quarts during the first 24 hours. The fluids should be juices, milk or water. After 48 hours, you may return to your normal diet as possible. If you are diabetic, you should return to your normal insulin and diet routine as soon as possible.

SMOKING

Smoking is not advisable for the first 48 hours. This is one of the main causes of dry sockets.

TEMPERATURE

Some elevation in temperature may occur after surgery. The ibuprofen will help. If there is an increase in temperature associated with swelling, please call Dr. Gillespie.

BRUSHING AND FLOSSING

Continue to brush and floss your teeth. Try and avoid the site of the surgery until instructed by the staff or Dr. Gillespie.

RINSING

Do not rinse on the day of surgery. Beginning the day following surgery use warm salt water as a mouth rinse 3-5 times per day (one-half teaspoon of salt in an 8-ounce glass of warm water). Use the Clorahexidine rinse twice a day.

ANTIBIOTICS

If antibiotics are prescribed, do not quit taking until all have been taken.

NAUSEA AND VOMITTING

Nausea and vomiting are usually caused by the medications used for sedation, the narcotic in pain medication, and swallowing blood after surgery and are not uncommon. These symptoms will usually pass within 6 to 12 hours after surgery. Nausea and vomiting may be relieved by staying in a semi-reclined position and remaining as motionless as possible. Medications should not be attempted on an empty stomach.

SEDATION

If you have been sedated, have someone stay with you the rest of the day. You should not be left alone. Do not drive a vehicle, operate machinery, or carry an infant or a child for the remainder of the day. Use common sense when choosing other activities, keep in mind the medication may still be on board.

If you have any questions concerning this treatment, please feel free to call us at 512-515-0171 or Dr. Gillespie's cell phone 512-619-6377.