

## EXTRACTIONS WITH ANESTHESIA- POST OPERATIVE INSTRUCTIONS:

**Assistance:** For patients having anesthesia, remember that your reflexes, depth perception and judgment will be impaired for several hours. We recommend that a responsible party stay with you for the remainder of the day to assist with meals, medication, navigation to the restroom, etc.

**Gauze Packs/ Bleeding:** Extra gauze has been provided in your post op packet. Fold one square in a tight pack, place over surgical site(s), and bite down firmly to control bleeding. Gauze is usually not needed after 2-3 hours and should be completely removed if bleeding has stopped. The length of time that you will have bleeding varies from patient to patient but could persist for 24-48 hours following surgery. Occasional nose bleeding may occur for a few days following oral surgery. If profuse bleeding occurs, please contact our office.

**Bed Rest:** Rest for the remainder of the day with your head elevated about 30 degrees. Advance activity the next day, but take it easy; too much activity can increase swelling.

**Ice/ Swelling:** Some degree of swelling and discomfort following surgery is to be expected. Discoloration and a slight stiffness of the jaw is normal. Maximum swelling occurs about 48 hours following surgery and may last for several days. Apply ice packs to the outside of your cheeks in intervals of 15-20 minutes (on for 15-20 minutes, off for 15-20 minutes) for the first 1-2 days. Moist heat can be applied if needed after the 2<sup>nd</sup> day.

**Brushing/ Rinsing:** Brush your teeth as usual keeping your mouth as clean as possible throughout your recovery. Avoid touching the bristles of your toothbrush to the area of surgery. Avoid water picks and electric toothbrushes for 2 weeks following surgery. Non-vigorous, warm saltwater rinses (8 oz water mixed with ½ teaspoon of salt) may be started the day following surgery and utilized 3-4 times per day to help keep the surgical sites clean and free from food particles.

**Prescriptions:** After you have eaten or had some fluids, you may begin taking your medication. Take all prescribed medications as directed; the antibiotic must be taken until it is completely finished. **DO NOT** drive a car, operate machinery or drink alcoholic beverages while taking prescribed pain medications.

**Stitches:** The stitches used will dissolve in 7-10 days following surgery. It is not unusual for small pieces of suture to come out prior to this time. If the sutures need to be removed, you will be notified, and an appointment will be made for you.

**Diet Tips:** For the first several hours following surgery, you will need to be on a cool, soft diet. Foods such as shakes, applesauce, and yogurt are recommended. Do not use a straw to drink thick liquids, as sucking could dislodge the blood clots and encourage bleeding. Drink plenty of fluids throughout your recovery to avoid dehydration. The evening of your surgery, you may introduce mashed potatoes, scrambled eggs, cooked cereals or soups, but allow these foods to cool significantly first. Hot food could aggravate bleeding if begun too quickly. You may gradually return to normal diet, adding regular foods daily as you heal.

**IV Site:** If medication is given intravenously, you may expect some tenderness or bruising around the site of the injection. Moist heat (warm, wet cloth) or dry heat (heating pad on low heat) to the area the next day will help ease any discomfort.

**Numbness:** Due to the local anesthetic, there may be numbness in the surgery site that may last 6-8 hours.

**Other Important Information:** **DO NOT** smoke or use smokeless tobacco during your healing process. The tars and nicotine may delay healing or cause prolonged bleeding.

**For Women Only:** Do not breast feed for 12 hours if you were sedated for surgery. If you are using oral contraceptives, please note that antibiotics and other medications may interfere with their effectiveness. An alternative form of birth control should be used for one complete cycle of birth control pills after the course of antibiotics or other medication is complete.

**Questions:** If you have any questions or concerns, please do not hesitate to call our office.

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