



## Post-Operative Instructions

---

Thank you for coming to our office for your oral surgery treatment. Your treatment continues until healing is complete. In the event you feel your post-operative course is marked by an excess amount of pain, swelling or bleeding, do not wait for your next appointment to return. Please call us right away if you have any questions or concerns at (503) 725-2611.

### Things to Expect

- **Swelling:** This is normal following a surgical procedure in the mouth. The swelling should reach its maximum within 48 hours and diminish thereafter.
- **Discomfort:** The most uncomfortable period you will experience will be during the period immediately after the sensation returns to your mouth.
- **Bleeding:** Some bleeding and oozing for the first 24 to 36 hours is common.

### Things to Do

- **Bleeding:** Keep your head well elevated for the first 24 hours. Bite on the gauze placed in your mouth for the next 30 minutes and then change it every 15 minutes for the next 1 hour. Keep your teeth together as much as possible. Talk with your teeth together. This minimizes movement of the gauze and allows maximum pressure on the surgical site, which will lead to nice, solid clot formation and speedy healing.
- **Swelling:** Swelling is usually in proportion to the surgery involved. It may be minimized by the use of an ice or cold pack applied to the face over the surgical site, place pack on for 15 minutes and remove for 15 minutes. This procedure is only effective during the first few hours.
- **Diet:** After the numbness has worn off you should be able to take fluid by mouth. A liquid or soft diet is recommended for the first day. Avoid drinking through a straw for the first two to three days.
- **Mouth Rinsing:** Do not rinse on the day of surgery. After 24 hours, rinse your mouth with warm salt water several times a day (one teaspoon of salt in an 8 ounce glass of water.) Continue to brush and floss, this will help the wound to heal and prevent infection.



## **Post-Operative Instructions Continued...**

---

### **Things Not to Do**

- Do not smoke tobacco or drink any alcohol for the first two or three days. These substances raise your blood pressure and will prolong bleeding.
- Avoid spitting or drinking through a straw for the first two or three days. This sucking action tends to dislodge the blood clot and will cause additional bleeding.
- Do not apply heat to the face for the first 24 hours, this will increase swelling. You may apply heat after the first 24 hours. 10 minutes on, then 15 minutes off.
- Avoid strenuous physical activity for 24 hours. This includes any activities which causes heavy breathing as this can cause renewed bleeding.

### **What to expect if you have Impacted Teeth Extracted**

- Difficulty in opening your mouth and pain when swallowing are common conditions associated with surgery.
- Occasionally numbness of the lower lip or tongue occurs. This is usually a temporary condition; it is annoying but not permanent.
- Ear aches may occur.
- Following surgery, sores may develop at the corners of the mouth. Applying an ointment will soothe the sores.



## SHAC Dental Services

### Post-Op Instructions Continued... Medications

It is necessary to take all medications as directed for prevention of infection and to control pain.

**Prescriptions can be filled at any pharmacy.**

#### **Pain Relievers:**

- ☐ **Motrin** – Take 1 tab every 6 hours as needed for pain. If pain persists for more than 30 minutes take 2 tabs of Tylenol 325mg in addition. If this combination works well, continue every 6 hours for pain relief. Do not exceed 3200mg of Motrin (ibuprofen) and 3000mg of Tylenol (acetaminophen) in 24 hours. Do not take either medication for longer than 10 days.
- ☐ **Norco** – Take 1 tab every 6 hours as needed for pain if the Motrin + Tylenol combination does not work. When taking this medication do not use alcohol, do not drive, or operate heavy machinery as this medication causes drowsiness.
- ☐ **Percocet** - Reference directions for Norco
- ☐ **Oxycodone** - Reference directions for Norco
- ☐ **Tylenol #3, #4, #5, #6** – Reference directions for Norco

#### **Antibiotics/Anti-Microbial:**

- ☐ **Amoxicillin** – Take this medication 3 times per day until gone. A good rule of thumb to help remember to take this medication is to take 1 at breakfast, 1 at lunch, and 1 at dinner. Because this medication can cause an upset stomach, take with food if possible.
- ☐ **Clindamycin** – Take this medication 4 times per day every 6 hours until gone. Because this medication can cause an upset stomach, take with food if possible.
- ☐ **Chlorhexidine Gluconate 0.12% oral rinse** – This is an antimicrobial rinse meant to kill bacteria, virus, and fungus on contact. To use, rinse with ½ oz. for 30 seconds twice a day in the morning and night. Make sure to brush your teeth after to prevent staining.

#### **Steroids:**

- ☐ **Medrol Pack** - This is a steroid used to reduce inflammation and swelling. This medication can sometimes cause anxiety.
- ☐ **Decadron** - Take 2 tabs immediately and then 1 tab each morning until gone. This medication can sometimes cause anxiety.

#### **Other:**

---

By signing below, you acknowledge you have received and understand how to take the above marked prescriptions. Also, if any, all of your questions have been answered.

Patient or Patient's Escort signature:

---

Patient's Printed name: \_\_\_\_\_ Date: \_\_\_\_\_