

# Texas Institute of Oral, Facial & Implant Surgery

## POST-OPERATIVE INSTRUCTIONS

### Post Op:

- *Wisdom Teeth Patients:* We will schedule you for a 1-2 week post op with your surgeon. If you're having no post-operative issues, you may cancel this appointment. If issues arise in the future, please call us.
- *Implant Patients:* It is important that your surgeon see you on a regular basis throughout the implant process to ensure that the surgical site is healing well. Please make every effort to keep your scheduled post-operative appointments. If the time we've chosen for you doesn't work, please call us to reschedule.

### After Your Surgery:

- Your skin may be bruised at the surgery site. The corners of your mouth may become dry and cracked. Use ointment or petroleum jelly to keep them moist.
- You may have a mild sore throat and or a low fever. If your temperature is greater than 101 degrees, call the doctor.
- It may hurt to swallow or to open your mouth widely. This is normal for the first few days. You may feel some pain in your neck, ears, and head. This is temporary and should go away.
- Prescriptions: please take all medicine as prescribed by your doctor.

### How To Control Bleeding:

After you surgery, the doctor will place gauze in your mouth and will tell you to bite down for 45 minutes. The pressure of the gauze against your wound will help stop the bleeding. After 45 minutes, remove the gauze and put in clean gauze. Bite down again. Check gauze every 30 minutes. Continue these instructions until the bleeding stops. Generally, when the gauze comes out pink instead of red, the bleeding has slowed down enough to discontinue use.

If bleeding continues, follow these instructions:

- Find the area that is bleeding by standing in front of a mirror or having someone help you. Wipe your gums gently with clean gauze and watch to see where the bleeding starts again.
- Place a moist gauze pad over the area that is bleeding and bit down firmly. Continue to apply pressure by biting down.
- Check the gauze occasionally and change it when necessary.
- When the bleeding stops, you can remove the gauze.

It is not unusual to see small blood clots on the gauze or to have some blood in your saliva for several days. However, if your gums are still bleeding constantly the second day after surgery, call the office.

Your gums will be sensitive during the first 24 hours after surgery and may start to bleed easily. **Do NOT smoke, spit, rinse your mouth, brush your teeth or drink through a straw.** All of these activities can loosen the blood clots and start the bleeding again.

### How to Reduce Pain:

If you need pain medicine, the doctor will prescribe some for you. Take the medicine exactly as directed. It is a good idea to begin taking the medicine soon after your surgery, before the numbing of the anesthesia has worn off.

Many pain medicines will make you drowsy. DO NOT drive a car, drink alcohol, or use dangerous machines or tools while you are taking pain medicine.

#### How to Reduce Swelling:

Swelling is normal after oral surgery and can peak 3 days post-surgery, but too much swelling can increase the pain you feel. Every person will react differently to the surgery, so it is not possible to know how much swelling you will have.

Recommend using ice pack every 15 minutes “on and off” for first 24 hours, after 24 hours it’s just for comfort.

You may use an ice pack to alleviate some discomfort. However, you should not use an ice pack while you are sleeping. To prevent swelling when you sleep, use two pillows under your head so that you’re sleeping with your head elevated for the first two nights. Listen to your body and avoid strenuous activity.

#### How to Prevent infection:

To help prevent infection after your oral surgery, follow these instructions:

- If your doctor has prescribed an antibiotic medicine, take it as directed. In order for the medicine to work, you must take as directed: on time and until the prescription is complete.
- Medication may cause an upset stomach if taken when your stomach is empty.
- DO NOT drink alcohol while taking this medicine. Alcohol will destroy the medicine in the stomach.
- If you have an unusual reaction to the medicine, stop taking it and call the clinic right away.
- Twenty four hours after your surgery, begin rinsing your mouth three to four times a day with the following solution: ½ teaspoon salt and ½ teaspoon baking soda in once cup warm water.
- Rinse your mouth with this mixture after every meal and before you go to bed. Swish the mixture around in your mouth to remove any food.
- Begin brushing your teeth again 24 hours after your surgery. DO NOT brush the area where surgery was performed.

#### What to Eat:

In the first 24 hours, eat and drink only cool or cold foods and liquid. Try to eat only soft foods. On the second day you may eat whatever you are able to.

#### Contact:

If you need to reach the office or doctor during or after business hours, please call 469-649-8259.