

Heine, Heine, and Bowles Oral and Maxillofacial Surgery, PLLC

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Post-operative instructions, after Extraction(s), Simple, Multiple or Wisdom

******Please read ALL these instructions carefully******

Bleeding:

- Change gauze packs (3-4 moisten pieces folded on itself twice) every 30 minutes as needed. A large enough gauze pad should be created to force an 1/8-inch space between the front teeth while closed firmly. Discontinue gauze when bleeding stops, usually 3 to 4 hours. Do not leave gauze overnight.
- A sleeping patient should be aroused to check the gauze every 20 minutes. **Never let a patient sleep unattended for long periods with gauze packs in their mouth.**
- If bleeding persists or becomes severe, adjust the gauze directly over the extraction site for direct pressure; that is key to stopping the bleeding.
- If bleeding continues, you can also use a wet teabag wrapped in gauze and bite down on it (do not use herbal or decaffeinated teabags.) If bleeding persists, please give our office a call.

Diet:

- The patient can drink at any time. Remove all gauze to drink, then replace gauze packs as needed. Do not drink hot drinks; drink only cold drinks for the first 24 hours.
- The patient can eat cold, soft foods (ice cream, J-ello, yogurt, pudding, sherbet, cottage cheese) for the first 24 hours. After the first 24 hours, you can add warm, soft foods (soups, soft-cooked pasta dishes, mashed potatoes, scrambled eggs, cream of wheat). Avoid hard, crunchy foods (bagels, pizza, hamburgers, popcorn, chips). Gradually advance your diet as tolerated.

Care:

- **NO** rinsing, spitting, sucking through a straw for 24 hours.
- **NO** smoking or any use of tobacco products, including vaping. Otherwise, you will get a dry socket, which is painful and will need further treatment.

Medications:

- Pain and swelling are normal after surgery. Take prescribed pain medication within one hour of surgery. Be sure to eat prior to taking any medications (see diet). If pain persists, alternate with Ibuprofen in between doses of prescribed pain medication.
- Antibiotics are given after each surgery. Please take all antibiotics until gone.

- Steroids are sometimes given to help with swelling. Please take as directed. If the first dose is started later in the day, the leftover steroids can be finished at the end, extending it 1 extra day.
- Swelling can be minimized using ice packs, 20 minutes on and 20 minutes off.
- Nausea is expected after surgery. Make sure the patient eats prior to taking any medications. Please contact our office if nausea is persistent.

Activity:

- Keep relatively quiet the day of surgery. Keep the head elevated, higher than the heart.
- The sedated patient may resume normal activities in 24 hours, unless otherwise advised by the doctor.

Safety:

- Someone should stay with the sedated patient for 3 to 4 hours after surgery.
- Do not use power tools or other dangerous machinery for at least 24 hours after surgery. Pain pills may affect the ability for 3 to 4 hours after each dose.
- Legally, you may not drive for 24 hours after sedation and should not sign any important documents.

After 24 hours

Oral hygiene:

- Use 1 teaspoon of salt in an 8oz glass of warm water and gently swish. Repeat 3-4 times daily, especially after meals, for a week. Refrain from alcohol-based mouth washes (like Listerine) for 3-4 days after surgery.
- Start brushing your teeth 24 hours after surgery.
- You will notice a hole where the tooth used to be. This is normal and will fill in overtime.

The first 3 days after surgery are usually the most uncomfortable. This will decrease starting after the third day. If pain returns after it goes away, please give our office a call. Lastly, it is common to feel sharp areas (which can occur several months after surgery) and have small pieces of bone protrude from the gum, which can be painful. Again, please give our office a call.

After-hour calls will be returned by one of our doctors. However, any emergencies (like difficulty breathing or severe uncontrolled bleeding) will need immediate attention at your local emergency room.