

POST-SURGICAL CARE FOLLOWING ORAL SURGERY - 2018

Tooth Extraction | Bone Graft | Implant | Sinus | Soft Tissue (CT/Pinhole/Alloderm) Graft

Surgery of the mouth, like surgery in other parts of the body, requires careful attention to post-operative care in order to minimize discomfort and possible complications. Here are some important directions to assist your recovery. If these instructions are not followed and there is damage to the site, there will be a fee to re-do the surgery.

Rest & Exercise:

- Limit your physical activity in the first 3-4 days - avoid strenuous work-outs; walking is permitted
- Try to avoid sudden movements and bending
- In the first 24 hours, keep your head elevated (e.g. sleep with extra pillows) and sleep with an old towel over your pillow
- Sleep on your back for the first 2-3 weeks to avoid pressure on the wound

Pain & Medication:

- Before the anesthetic wears off, begin to take the prescribed or over-the-counter pain medication as directed.
- Experience in pain is extremely variable - take prescribed pain medication as needed
- If you have an intolerance of ASA or aspirin, do NOT take ibuprofen (Advil)
- If experiencing significant pain, ibuprofen & acetaminophen may be alternated throughout the day every 3 hours (600mg ibuprofen, wait 3hrs, 1000mg acetaminophen, wait 3hrs, etc.) – do not exceed 2400 mg ibuprofen (Advil) [e.g. 600mg, 4 times per day] & 4000 mg acetaminophen (Tylenol) per day [e.g. 1000mg, 4 times per day]
- If you develop itching, skin rash, or swelling, immediately discontinue the medication and contact the office
- If you experience difficulty breathing, proceed to the nearest hospital emergency department
- Do not drive or operate machinery if taking a codeine-based drug or a sedative such as triazolam or midazolam – can cause drowsiness

Oral Hygiene:

- Wound cleanliness is essential to good healing – do not touch the surgical site for any reason
- Brush and floss your teeth normally, but avoid any contact with the surgical site whatsoever
- If chlorhexidine mouth rinse has been provided or prescribed, gently rinse with 20 mL (1 small capful) for 60 seconds twice per day for 2 weeks – at least 30 minutes after brushing – do NOT rinse in the first 24 hours
- Gently rinse your mouth with warm salt water (1 tsp of salt to one cup of warm water) for 60 seconds, multiple times per day (especially after meals) for 2 weeks – do NOT rinse in the first 24 hours
- If AO gel given, gently apply a pea-size amount on the site with a Q-tip, your finger or tongue, 2-4 times per day
- Soft Tissue Graft: do not brush or floss around the site whatsoever for the 1st 2 weeks. You will be given specific instructions at your first post-op visit – 2 wks sulca brush, 2 wks soft end-tuft brush, 6 wks soft manual toothbrush

Swelling:

- Some swelling is COMMON and may occur several hours after surgery, reaching a maximum within 48-72 hours.
- Swelling is often worse in the morning because you have been lying down but will reduce gradually during the day
- Apply an ice pack on face over the surgical site for the 1st 48 hours – 20 minutes on and 20 minutes off at a time, repeated throughout the day
- After the second day, warm packs applied to the cheeks may help to diminish swelling and stiffness

Bleeding:

- Some oozing is normal for 24-48 hours. Profuse bleeding is rare. Excessive bleeding can frequently be controlled by biting with gentle pressure on damp sterile gauze or damp black tea bag directly on the bleeding site
- Change gauze (or black tea bag) every 20-30 minutes until bleeding subsides. If bleeding starts again, these

above measures often control it

- If you are unable to control the bleeding after 40 minutes, please contact our office. If you cannot reach Dr. Seddon, you should go to the nearest hospital emergency department

Nutrition:

- Good nutrition is essential to healing, be sure to eat well-balanced meals during healing, and drink plenty of fluids during this time
- Avoid use of a drinking straw for the first 48 hours after surgery
- Avoid hot fluids, hard/crunchy/sticky foods, and foods with small seeds or popcorn that can get stuck in the surgical site
- Soft, cool foods and liquids will be easier to eat. Liquid food supplements are recommended if you have difficulty eating
- Return to a normal diet as tolerated unless otherwise directed, but no chewing on the surgical site until you are permitted by the doctor – this can lead to significant trauma on the surgical site!

Alcohol:

- Alcohol can interact with painkillers (codeine-based drugs) and some antibiotics
- Alcohol will also affect your body's normal clotting mechanism and can contribute to bleeding problems within the first few days after surgery

Miscellaneous:

- DO NOT lift or pull on lip to look at surgical site
- Difficulty in opening and closing the mouth, bruising, and difficulty swallowing are conditions that sometimes occur. These are normal post-operative conditions and will resolve with time
- Avoid air travel for 4-5 days following surgery – pressure changes experienced during flying may cause bleeding & discomfort
- Avoid smoking/smokeless tobacco for 3 weeks to prevent complications in healing, such as dry socket or loss of bone graft material
- If after 5-6 days, you experience symptoms such as increased pain or swelling, please contact the office

Sinus Surgeries:

- Please use a decongestant as directed by Dr. Seddon. Minimize negative sinus pressure (minimal nose blowing, drinking through a straw) for 7 days
- If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure on the sinus area
- Please avoid nasal saline rinses
- You may find a little blood mixed with mucus in the back of your throat in the mornings
- You may experience a nose bleed within the first 2 days following surgery – pinch the nostrils and tilt your head forward
- You may be aware of small granules in your mouth for the next few days. This is NOT unusual. Notify the office if the following occur:
 - You feel granules in your nose
 - Your medications DO NOT relieve your discomfort

**OCCASIONALLY, MINOR COMPLICATIONS MAY OCCUR AFTER SURGERY. IF YOU
HAVE ANY QUESTIONS OR CONCERNS WHATSOEVER, CALL OR TEXT
DR. NICK SEDDON AT 604 408-1061 (office) or 778 840-0762 (cell)**