



Jordan Oral and Maxillofacial Surgery
Robert D. Jordan, DDS

Post Oral Surgery Instructions

Sometimes the after effects of oral surgery are quite minimal, so not all of these instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office for clarification.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office. Calling during office hours will afford a faster response to your questions or concerns. Our doctor can be reached after hours on an emergency basis. Please note: Telephone calls for narcotic (pain killer) prescription renewals are only accepted during office hours.

OFFICE HOURS

Monday: 8 am to 4:30 pm
Tuesday: 8 am to 2:00 pm
Wednesday: 8 am to 4:30 pm
Thursday: 8 am to 4:30 pm
Friday: 8 am to 4:30 pm
Phone: 865-588-9598

INSTRUCTIONS FOR THE DAY OF SURGERY

First Hour

Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not controlled. The packs may be removed after one hour. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes). Moisten the gauze with tap water and loosely fluff for more comfortable positioning.

Exercise Care

Do not disturb the surgical area today. Do not rinse vigorously or probe the area with any objects. You may brush your teeth gently. **Please do not smoke** for at least 48 hours, since this is very detrimental to healing and may cause a dry socket.

Oozing

Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30 to 45 minutes at a time.

Persistent Bleeding

Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Reposition the packs. If bleeding persists or becomes heavy, you may substitute a tea bag (soaked in very hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 to 30 minutes. If bleeding remains uncontrolled, please call our office.

Swelling

Swelling is common with oral surgery. It can be minimized by firmly applying a cold pack, ice bag, or a bag of frozen peas on the cheek adjacent to the surgical area. Apply 20 minutes on and 20 minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

Pain

Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **Taking the first pill before the anesthetic wears off, should manage any discomfort better.** Strong pain medicine can cause nausea, but if you precede each pain pill with a small amount of food, nausea will be reduced.

The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement each pain pill with aspirin or ibuprofen. Some patients may even require two pain pills at one time. Remember, the most severe pain is usually within six hours after the local anesthetic wears off. After that, your need for medicine should lessen. **If you are taking large amounts of pain medicine at frequent intervals, please call our office.** If you anticipate needing more prescription medication for the weekend, you must call for a refill during weekday business hours.



Jordan Oral and Maxillofacial Surgery
Robert D. Jordan, DDS

Post Oral Surgery Instructions

Nausea

Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better. Classic Coca Cola may also help with nausea.

Diet

Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Do not use a straw for the first few days after surgery. It is advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). Avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas.

Over the next several days, gradually progress to solid foods. **Do not skip meals.** If you eat regularly you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits or follow instructions given by your doctor.

Sharp Edges

If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

Mouth Rinses

Keeping your mouth clean after surgery is essential. Dissolve 1/4 teaspoon of salt in 8-ounces of warm water. Gently rinse with portions of the solution—use the entire glass. Repeat as often as you like, but at least two or three times daily.

Brushing

Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

Hot Applications

You may apply warm compresses (hot water bottle, hot moist towel, heating pad) to the skin over the areas of swelling for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

Healing

Normal healing after tooth extraction should be as follows: The first two days are generally the most uncomfortable and there is usually some swelling. On the third day, you should be more comfortable and, although still swollen, can usually begin a substantial diet. The remainder of the post-operative course should bring gradual, steady improvement. If you don't see continued improvement, please call our office.