

Medications:

| HOUR | ACETAMINOPHEN or NORCO/TYLENOL#3 | ANTIBIOTIC + IBUPROFEN | POPSICLES + ICE PACKS |
|------|--|------------------------------|-----------------------------|
| 0 | | X | X |
| 3 | X | | X |
| 6 | | X | X |
| 9 | X | | X |
| 12 | | X | X |

❖ Start taking ibuprofen (Advil) immediately, then every 6-8

hours with food

❖ Take antibiotic as instructed until gone

❖ Norco/Tylenol #3/Percocet (narcotic) as needed every 6

hours with food

❖ Place ice on the face all day for the first 24 hours

❖ Moist heat, massage, stretching the jaw on day 2 - 7



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DAY OF SURGERY

Oral Care

On the first day do not disturb the surgical area. Bite down on the gauze packs that have been placed over the surgical areas for 30-60 minutes. Please avoid spitting. This will help blood clots form in the sockets, which allows proper healing. Do not start the oral rinse until tomorrow, but please brush your teeth gently tonight. Do not smoke for at least 48 hours as it is detrimental to healing.

Nausea

Nausea is common after surgery, and it is sometimes caused by the narcotic pain medicines or IV anesthesia. If you have nausea, try to limit the amount of narcotic medication you take. Keep yourself hydrated with small sips of liquids. Please contact us if nausea worsens.

Diet

In general, eat any nourishing food that can be taken with comfort and keep hydrated. Avoid extremely hot, hard or spicy foods. Avoid chewing near the surgical sites. Please avoid using a straw as the sucking action can disrupt the blood clot. After your procedure, start with liquids (i.e. water, Gatorade, apple juice); letting ice cubes and/or popsicles melt in your mouth can provide hydration and pain relief when placed over the sockets. Once tolerating liquids, advance to a soft diet (i.e. milkshakes, oatmeal, scrambled eggs, yogurt) and then to a normal diet as tolerated.

Bleeding

Intermittent oozing over the first 24 hours is normal. If oozing occurs, bite on the gauze for 30-60 minutes and continue using the facial ice packs. If bleeding persists you may bite on a black tea bag (soaked in hot water, squeezed damp-dry and wrapped in moist gauze) for 30-60 minutes. If bleeding remains uncontrolled, please call our office.

Sutures

Some sutures require removal and others dissolve on their own and eventually break and fall out (usually 4-7 days after surgery). Sometimes they come out sooner which is not a problem.

Swelling/Discomfort

Swelling - Often there is some facial swelling and bruising associated with oral surgery. This peaks 1-2 days after surgery, plateaus for a day, and then starts going down. Generally swelling is gone by day 7-10 after surgery. You can minimize this by using a cold/ice pack wrapped in a towel applied to the area during the first 24 hours. Naproxen or ibuprofen taken regularly will be

beneficial as well. If you had IV anesthesia and experience redness or swelling near the IV site, it usually resolves by applying hot/moist towel to the area.

Pain Control – For post-operative discomfort we recommend that you take ibuprofen or naproxen before the local anesthetic has worn off. If these do not provide adequate relief, you may supplement them with the prescribed narcotic medication or acetaminophen. Please see the suggested pain schedule on the back of this pamphlet.

Antibiotics

If antibiotics were prescribed, please continue to take them as prescribed for the appropriate time period.

IV Anesthesia

The effects of IV anesthesia can linger for up to 24 hours. Please do not drive or operate heavy machinery for 24 hours.

DAY AFTER SURGERY

Oral Care

Mouth Rinses – Keeping your mouth clean after surgery is essential. Use one quarter teaspoon of salt dissolved in 8 ounces of warm water and gently rinse, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily after meals for the next five days. If chlorhexidine is prescribed, use this instead of salt water 2-3 times a day.

Brushing – Begin your normal oral hygiene routine as soon as possible after surgery. Brush all areas normally but avoid brushing directly on the surgical sites.

Exercises

Start stretching your jaw by opening and closing. If you cannot do this, put your finger in your mouth and slowly open it. Continue this until you can open your jaw easily. This can take a couple of days.

Explanation of Symptoms

Abnormal Pain – If you experience pain that is worsening between days 3-5, please let us know. This could represent a dry socket or infection. This pain is often characterized by persistent throbbing in the jaw, often radiating towards the ear and forward.

Sharp Edges – If you feel sharp edges in the surgical areas, it is likely the bony walls, which originally supported the teeth. Occasionally small slivers of bone work themselves out during the first week or two after surgery.

Elevated Temperature – It is normal to have a fever for 2-3 days after surgery. This is a result of your body starting the healing process.