



PREMIER CENTER

FOR

ORAL & FACIAL SURGERY

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POSTOPERATIVE INSTRUCTIONS FOR ORAL SURGERY

READ THESE INSTRUCTIONS CAREFULLY & COMPLETELY

Sometimes the after-effects of oral surgery are minimal, so not all of these instructions may apply,

When in doubt, please call our office for clarification of your instructions.

SUTURES (STITCHES)

Sutures placed during your surgery will need to be removed in 3-4 weeks. Sutures will loosen and some may fall out before your post operative appointment. This is to be expected.

PAIN MANAGEMENT

- The best way to treat pain is to prevent it from starting! Take the recommended pain medication BEFORE the local anesthesia ("Novocain") wears off, beginning immediately after surgery.
- Numbness may last up to 12 hours.
- Continue taking the non-opioid pain medication consistently for the first few days to limit pain and swelling, even if you are not experiencing pain.
- We recommend:

- **Acetaminophen (Tylenol) 500 mg:** Take 1 pill every 6 hours for 5 days, then take only as needed for continued pain.

NOTE: Never take more than 4000 mg of Acetaminophen in 24 hours

- **Ibuprofen (Advil/Motrin) 600 mg:** Take 1 pill every 6 hours for 5 days, then take only as needed for continued pain.

NOTE: Never take more than 3200 mg of Ibuprofen in 24 hours

Take both Tylenol & Motrin together!

- **Narcotic/Opioid:** (see prescription): This is the last resort in pain management, and should only be taken for severe pain that is not relieved by Acetaminophen and Ibuprofen. Opioids often cause nausea/vomiting, constipation, drowsiness, and addiction, and so opioids are best avoided, unless absolutely necessary. Do NOT consume alcohol while taking opioids. If the prescribed medication does not seem to work for you, do NOT increase the dosage. Please call our office for recommendations.

OTHER MEDICATIONS

- Antibiotics: Begin the day of surgery
- Other medications may be given at the time of your appointment, please take these as prescribed. Please contact the office with any questions.

TURN PAGE

BLEEDING

- Bleeding typically stops within a few hours after surgery. Slight oozing or occasional bleeding for the first 3 days is normal.
- Keep the gauze pad(s) directly on the surgical site(s) for 30 minutes.
- Do NOT chew on the pad. Maintain firm biting pressure for 30 minutes, and change the pad every 30 minutes until the bleeding subsides.
- If bleeding continues after the above measures, moisten a black tea bag and place it over the surgical site(s) with gauze pads over it, and maintain firm biting pressure for at least 30 minutes.
- Avoid strenuous activities for 7 days. Strenuous exercise after surgery may cause bleeding and throbbing.

SWELLING & BRUISING

- Swelling is normal following most oral surgery. Swelling normally increases for 3 days and begins to subside about the 5th day. To help reduce swelling and pain, apply cold compresses to the face for 20 minutes on and 5 minutes off for the first 36 hours. Sit/sleep with your head elevated with 2-3 pillows, or in a recliner. After 36 hours, switch to gentle heat to help reduce the swelling.
- Bruising may arise after surgery depending upon the surgery and the patient's tendency to bruise. Bruising typically resolves, as any other bruise does, over a course of a few days to 2 weeks.

ORAL HYGIENE & RINSING

- Resume gently brushing your teeth the next morning. Do not brush over membrane and sutures. Do NOT forcefully rinse or spit. After 12 hours, begin gently rinsing with warm salty water following meals to soothe the gums and keep food particles out of the surgical site(s).
- Use the provided syringe to rinse the food from the surgical site. Start using the syringe the day after surgery. Use salty water and continue using the syringe until the suture removal appointment..
- The membrane and sutures may develop a foul smell and taste. This is normal as the sutures and membrane will accumulate plaque and bacteria. You may fill the syringe with a non-alcohol based mint mouthwash to help avoid this.

DIET RECOMMENDATIONS

- Following surgery, you should drink plenty of fluids with emphasis on water. Do NOT suck fluids through a straw. Avoid all carbonated beverages for 72 hours. Avoid foods that require chewing while you are still numb, or you may inadvertently bite yourself. Begin with softer foods and then return to a normal diet as it becomes comfortable, however do not chew on the membrane/sutures. NO SPITTING. NO STRAWS.

SMOKING & ALCOHOL

- Do NOT smoke/e-cig/vape for 2 weeks. Do NOT drink alcohol for at least 7 days following your surgery. Smoking and/or alcohol delay wound healing and are the major causes of dry socket and infections (painful).

WHEN YOU SHOULD NOTIFY THE DOCTOR:

- Heavy bleeding persists after 5-6 hours of continuous applied pressure.
- Symptoms of an allergy or reaction to the medication such as a rash, hives, itching, severe diarrhea, or vomiting.
- If, 4 days after the surgery, you have an increase in pain or swelling with a bad taste in the mouth.
- Severe nausea and vomiting.
- A fever above 101.5 degrees Fahrenheit.
- You continue to feel numb more than 24 hours after your surgery without any improvement.

You may experience bone particles in your mouth throughout the initial healing phase (3-4 weeks after the procedure is performed), this is completely normal.