

Oral Surgery Post-Op

After you have undergone oral surgery at Farian Dental Care, taking the right steps at home is essential to ensuring an easy and speedy recovery. Below, you'll find a few basic tips you should follow. We will likely schedule you for a follow-up visit after an extensive procedure, but if at any time you feel like you are not healing correctly or are experiencing pain, please don't hesitate to **give us a call**. Do your best to contact us during normal business hours so we can assist you as quickly as possible.

Essentials of Post-Operative Care

- Do not rinse your mouth, spit, or drink through a straw for the first 24 hours
- Do not use any form of tobacco
- Avoid drinking hot, carbonated, or alcoholic beverages for the first 24 hours
- Change your dressings as directed
- Take any pain medications with food
- Use a cold compress in 10-minute intervals to control swelling

Oral Hygiene

When cleaning your mouth right after surgery, a light touch is key! Start by *gently* rinsing your mouth with warm saltwater. Do not be too vigorous about this! If your family doctor has you on a salt restricted diet, just using warm water is fine as well. This should be done *in addition* to using any prescription mouthwash you have been given. You can also gently brush your teeth following surgery as long as you avoid the treatment area. However, you should NOT use toothpaste for the first 3 days.

Bleeding

Some bleeding is normal after surgery, but if you experience excessive bleeding, be sure to wipe the blood from your mouth. To help stop it, you can firmly bite down on a piece of a sanitary napkin or gauze for about half an hour. While doing this, be sure to sit up straight, avoid talking, and do not try to spit. Once your dressing is saturated, it should be promptly changed. You can swap out your dressing as often as needed.

Another way you can help control bleeding is by putting a moistened tea bag directly on the treatment area and placing gauze on top of it. Bite down on this, and the tannic acid in the tea will serve as a coagulant. If you can't stop bleeding after about 15 minutes of trying to manage it, be sure to give us a call.

Swelling

Most patients will experience some kind of swelling after surgery. To help minimize it, place a bag with crushed ice wrapped in a towel on the cheek near the area of the swelling. Ice should

only be used for the first 48 hours after surgery. Using it for any longer will have no benefit! You will likely experience the most swelling on the second or third day after surgery, so do not be alarmed. Avoid the use of heat packs unless Dr. Farian has instructed you to do so.

Diet

It is absolutely necessary that you drink cool fluids after any oral surgery! You will also be instructed to stick to a light and soft food diet initially as well. You can introduce tougher foods as you feel more comfortable, but there is no need to rush this! For most patients, they are able to resume their normal diet within a week of their procedure. Do your best to avoid foods that are rich in carbohydrates. Be sure to drink plenty of water, as dehydration is very common after surgery.

Bruising

Bruising is not very common after oral surgery, and it is usually the result of blood flowing into the soft tissues of the face. This should not cause any alarm and will clear up in about a week. If you experience any pain or redness in the bruised area, the application of moist heat should help it heal faster. If bruising persists for more than a week, be sure to contact our office.

Nausea

Should you experience any nausea after oral surgery, the following tips should help it go away:

- If you are prescribed any kind of pain medication, be sure to ALWAYS take it with food. To do so without is an easy way to make yourself feel sick.
- If you do end up vomiting, be sure to not eat or drink ANYTHING (including water) until you do not feel nauseous anymore. At this point, you can start drinking water and eating bland foods like cottage cheese, unflavored yogurt, or toast for the next 12 hours.
- Pain medication can be taken once you are comfortable eating bland foods again.
- If you experience nausea for more than 12 hours, please contact our office for help.

Impacted Teeth

An impacted tooth is one that has become stuck while trying to erupt, as is often the case with the wisdom teeth. The surgery to remove an impacted tooth is much more involved than simply extracting one that has already erupted. Once an impacted tooth has been removed, it is very common for a patient to experience swelling or have difficulty swallowing or opening their mouth. In the case where an impacted tooth on the lower jaw has been removed, you may experience some numbness in the lower lip near the tooth. This should only last for a few hours after surgery.

Following this kind of procedure, the neighboring teeth and gums may feel a bit different or tender. You may experience sores at the corners of your mouth and lips as well, and you can treat these by placing a mild ointment like Vaseline on them.

Dental Implants / Grafts

The following should be kept in mind if you are undergoing dental implant placement or a bone grafting procedure at Farian Dental Care:

- Dental implant surgeries can vary based on how many implants a patient needs or if they require any preparatory procedures such as a bone graft, nerve repositioning, or sinus graft. Dr. Farian will discuss all aspects of your particular procedure so that you will be comfortable and know what to do post-op in order to aid your recovery.
- If you are prescribed to use a mouthwash, be sure to start using it 12 hours AFTER the surgery. The mouthwash will serve as a substitute for toothpaste. When using it, dip your toothbrush into the mouthwash and gently brush your teeth. Afterward, rinse your mouth out with the mouthwash for about 30 seconds. This process should be repeated 3 times a day.
- The sutures used to close the surgery site should remain in place for up to three weeks. They may be self-dissolving, but if not, our staff will let you know when they should be removed.
- A member of our staff or Dr. Farian will give you instructions when it comes to wearing a temporary or permanent dental appliance such as dentures. If you are uncertain of how to put on the appliance, be sure to give our office a call for assistance.
- When you have exposed implant surfaces in the mouth, they should be cleaned with a cotton swab moistened with the prescription mouthwash 3 times a day.
- If you typically use an electric toothbrush, do NOT do so until Dr. Farian says it is okay.
- If you have undergone a bone graft, you may experience some discharge of the grafting material into the mouth following surgery. This will feel like you have a bit of sand in your mouth, and this is completely normal.
- Please call our office immediately if you feel any movement in your implants after surgery.
- Sometimes, the temporary caps placed on implants following surgery will come off, so do not be alarmed if you find a screw or small piece of metal in your mouth while you are recovering.
- You should stick to a soft food diet for the first few days after implant placement or a bone graft.

Sinus Bone Grafts and Perforations

- Avoid blowing your nose or rapidly blowing or sucking air. This could interfere with the normal healing of the treatment site.
- If you feel a sneeze coming on, be sure to do it with your mouth and nose completely open.
- Take any pain medications as prescribed and follow the doctor's instructions.
- Let us know if you experience the movement of food or fluids between your mouth and nose.
- It is common to experience nasal bleeding right after a sinus bone graft, so do not let this alarm you. This should stop after a few hours.

Treating Oral Infections

- It's imperative that you take any antibiotic prescribed exactly as directed. Avoid the urge to skip and then "catch up" later.
- Only take pain medication as instructed by your doctor.
- To clean your mouth, use a warm glass of saltwater to rinse every 2 hours for 5 minutes at a time.
- Do not apply heat to the affected area unless specifically instructed to.
- Be sure to drink plenty of water, as dehydration is very common after oral surgery.
- Record your temperature up to 4 times a day, and keep track of it so you can share this information with your doctor at a follow-up appointment.
- When dealing with an oral infection, be sure to rest, but do not confine yourself to your bed.
- If you experience any sudden pain, swelling, or bleeding, be sure to contact our office for further instructions.

Do not drive or attempt to operate heavy machinery while taking any kind of narcotic pain medication. Driving of any kind should be completely avoided for the first 24 hours after oral surgery.