

Jeffery M. White, D.D.S.
13701 E. Mississippi Ave., Ste 300
Aurora, CO 80012
303-344-2705

CARE OF MOUTH AFTER ORAL SURGERY

- 1) Please **DO NOT SMOKE** for 3 days! Smoking delays healing and increases your post-surgical problems. Try to avoid smoking and chewing tobacco for as long as possible.
- 2) Bite firmly on gauze until arriving home. Remove the gauze and drink 1 or 2 cups of creamy soup, yogurt, milk, or a milkshake to **coat your stomach. Then take the pain medication** before the numbness wears off. Women on birth control pills should be aware of alternative birth control methods when taking antibiotics. Moisten another gauze and place it in your mouth for 30 minutes. Replace gauze as needed. Put an old towel or pillowcase on your pillow. Some oozing of blood is normal for 6-8 hours, even overnight. Some patients may ooze for 24-36 hours.
- 3) **Do not disturb the surgical site for at least 8 hours.** After that time you can gently rinse your mouth with warm salt water. Mix 1/8 tsp. of salt in 8 oz. of warm water and try to rinse 4-5 times daily.
- 4) **Bleeding.** Some **oozing of blood is to be expected for 6-8 hours.** Keep your head elevated on one or more pillows to reduce excess oozing. If oozing continues or is excessive place a damp black tea bag over the area and bite on it with firm steady pressure for one hour. Rest and do not exert yourself. If excessive bleeding continues contact the office at the above number.
- 5) **Pain.** Use the **stronger pain reliever first** for severe pain. Coat your stomach with food before taking pain relievers to reduce stomach upset and nausea. Small pieces of ice chips can be placed on the surgical area to reduce pain as well. Ice packs on the jaw area for 48 hours after surgery sometimes helps with pain reduction.
- 6) **Nausea.** This can result from swallowing blood, pain medications, or from anesthesia. Drink small amounts of 7-Up or Ginger Ale, milk or ice chips to help alleviate nausea. Switch to a milder pain reliever if possible. **If nausea is uncontrolled contact the office.** Anti-nausea medications can be prescribed to counteract the problem.
- 7) **Swelling.** **Ice packs should be used on the cheeks immediately after surgery for the first 48 hours.** Use them on 30 min-off 30 min. Warm towels or a compress to the cheeks or surgical site should be used after 48 hours.
- 8) **Nutrition.** A liquid diet consisting of soup, juices, pudding, milkshakes, etc. is generally recommended the day of surgery. With time, patients advance to a soft food such as applesauce, cottage cheese, mashed potatoes, scrambled eggs, etc. Blenderized food or puree is useful. It may take 5-7 days to return to a normal diet after difficult surgery. Nutritional supplements like Ensure Plus and boost are helpful. **DO NOT USE A STRAW!**
- 9) In the case of impacted teeth or difficult surgery all of the above effects of surgery will be exaggerated. The skin may discolor and you will have difficulty opening your mouth. This is no cause for alarm. Swelling will reach its peak 2-3 days after surgery and then start to subside. Sometimes bone chips will work themselves out from where a tooth is removed.

Success of post-operative healing now depends on proper care and management. **Should any reactions to medication develop (rash, itching, hives) stop taking your medications and call this office immediately.** Our voice mail system is set up to contact Dr. White after hours. On weekends Dr. white or an on-call oral surgeon will be accessible.