

Bruce C Arne' DDS, MS, PA

POST-OPERATIVE INSTRUCTIONS FOR SEDATION PATIENTS

GAUZE – Bite on the gauze for 20-30 minutes until bleeding stops. If the bleeding continues, roll fresh gauze, dip in ice water, and place it over the surgery site. Bite for at least 30 minutes. This may be repeated as necessary. A certain amount of bleeding is to be expected following oral surgery. Remove gauze when eating or drinking and replace if still oozing.

The day after surgery, if there is still bleeding, bite on a tea bag wet with warm water at the surgery site.

PAIN MEDS – Follow directions for pain medication carefully. Do not consume alcoholic beverages or drive while taking these medications. Narcotic and ibuprofen prescriptions will be sent electronically to your pharmacy. Alternate these medications. For example: Take narcotic, wait 3 hours, then take the ibuprofen, repeat as needed. Be sure to take the pain medicines before the numbness wears off, usually within an hour or so of getting home. Please be aware these pain meds, can sometimes upset your stomach, (causing nausea and vomiting) take with soft foods, for example: yogurt, smoothie or cold pudding.

If you were given a pre-surgical antibiotic, continue taking until it is finished.

SWELLING – Swelling is not uncommon and need not cause alarm (you will continue to swell for 72 hours). The ice packs should be applied promptly to the affected area and used on and off every ½ hour for the next 2-3 days, as needed for swelling. Keep the ice sleeve in place as long as possible during the 3 day post-op period. When reclining, elevate your head.

DIET – Drink a minimum of 2 quarts of cold liquids on the day of surgery (after your procedure). Eat a cool soft diet until the numbness goes away. Next advance to chewable foods as tolerated.

Starting the day after surgery, warm, soft chewable foods (mashed potatoes, pasta, soup, scrambled eggs, etc.) may be added. You CAN use a straw if needed.

RINSE – On the day of surgery, no spitting or rinsing. The day after surgery, a saltwater rinse should be used. Rinse 5x daily for the first week. It is especially important to rinse after meals. You should brush your teeth as you would normally, taking care to brush gently around the surgical site.

OTHER CARE – The sutures will dissolve and come out by themselves. This should begin to occur 3 or 4 days after surgery. Don't be concerned if they come out earlier.

Exercise caution when standing from chair or bed for the first several days following surgery.

Strenuous exercises (weightlifting, jogging, swimming etc.) can be performed, please speak with Dr Arne' if you have concerns.

In cases of extreme pain, uncontrollable bleeding, or any unusual disturbance,
TELEPHONE OUR OFFICE IMMEDIATELY. (910-762-4011)