



Directions For After Oral Surgery and Anesthesia

Post-surgical Care Instructions:

- **Gauze:** Bite firmly on the gauze for first 30 minutes, keeping *continuous* pressure. Then replace with slightly dampened new gauze every 30 minutes until bleeding is minimal (usually 2-3 times). If bleeding persists, try biting firmly on a moistened tea bag. **DO NOT SPIT** as this will disrupt the clotting process.
- **Ice/Heat:** Apply ice pack (frozen peas) to the outside of your face immediately after getting home to minimize swelling and discomfort. Apply 20 minutes on, 10 minutes off **AS MUCH AS POSSIBLE TODAY AND TOMORROW**. After that point, ice is no longer effective for swelling, but can still help with discomfort. After 3-4 days, applying warm compresses to the face can provide comfort and improved jaw opening.
- **Hygiene:** Do not start brushing your teeth until all of the numbness wears off. Once the numbness has entirely worn off, you may carefully brush your other teeth, but avoid the surgical sites. Starting at bedtime, begin gentle oral rinses with your prescription mouthrinse (if you were given this) and/or salt-water rinses (1 teaspoon of salt in a cup of warm water) after eating (see reverse for details). Continue these rinses for 10 days after surgery.
- **Diet:** For your first meal after surgery, start with something easy like a smoothie or a milkshake, then progress to soft foods as tolerated. Eat soft foods for the first 3-5 days after surgery (scrambled eggs, pudding, Jello, applesauce, soft noodles, soups, milkshakes, smoothies, mashed potatoes, etc.). After 5 days, you may slowly ease your way back into a regular diet with the exception of granular foods. Be sure to drink plenty of fluids as well. **AVOID** any small, sharp, granular, particulate foods (fruits with large seeds, chips, rice, nuts, popcorn, etc.) for 2 weeks after surgery.
- **Rest:** Rest as much as possible. Keep head elevated above your heart (use two or more pillows) at all times for the first 48 hours to minimize swelling.
- **ABSOLUTELY AVOID:** Straws, smoking, and strenuous exercise for 1 week after surgery.

Post-surgical Expectations:

- **Numbness:** Your numbness can last anywhere from 6-12 hours. Of note, the lower jaw numbness can take the longest to wear off and can sometimes stay numb until bedtime. Try to start your Rx pain medicine prior to the numbness wearing off. While numb, drooling is common, so avoiding leaning your head forward to minimize this.
- **Bleeding:** It is normal to experience mild bleeding or oozing after surgery for several hours. This can even persist into the evening of or even the next morning after surgery. Blood mixes with your saliva and makes it appear that there is more blood than there actually is. **FIRM BITING PRESSURE** on either gauze or tea bags is the key to stopping any residual bleeding.
- **Pain:** Pain will typically peak somewhere around 2-3 days after surgery and then gradually decrease.
- **Swelling:** Swelling after surgery is normal and will also peak at 2-3 days after surgery. This is your body's natural inflammatory response. Icing for the first 1-2 days, keeping your head elevated, and taking ibuprofen (see reverse side for details) will help to minimize your swelling.
- **Nausea:** Nausea may seldom occur from either the IV anesthesia or the Rx pain pills. If you feel nauseous or vomit, temporarily discontinue your Rx pain pills (as these are the most common cause), take a Rx anti-nausea pill (if you were prescribed one), lay with your head elevated, and take small sips of water or a carbonated beverage. Ease your way back into eating small amounts of food prior to taking any more Rx pain pills.
- **Other fairly common occurrences:**
 - Lightheadedness or even fainting, particularly when moving too quickly from a sitting to standing position.
 - Sleepiness, lethargy, and even mild confusion, particularly in older patients.
 - Bruising on the face and neck, particularly in fair skinned individuals.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions or concerns about your progress you can reach doctor Mynsberge or Ruggles 24 hours a day by calling:

(415) 461-1150

(Use voicemail option #3 or 4 after business hours to reach the doctors directly)

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Medication Summary

Take prescribed medication as instructed. *If you develop hives, rash, or any other adverse reactions, immediately discontinue all medications and contact our office.* Please follow these general medication guidelines for any Rx you were given:

Pain Control:

- Pain is best controlled by using a combination of over the counter ibuprofen (Advil, Motrin) (for baseline pain control) and your Rx pain medication (for “breakthrough” pain).
- **Recommended Combination Dosing (Most Easily Taken at the Same Time):**
 - **Ibuprofen (Advil):** 3 standard tabs of 200 mg ibuprofen (600 mg dose). For pediatric patients use recommended dosing on the bottle of children’s ibuprofen.
 - **Rx Pain Medication:** 1-2 tabs
- **First Dose:** Take about 2 hours after surgery, but make sure you have some food in your stomach.
- **Subsequent Dosing:** Every 4-6 hours
- Use this combination for the first 24 hours to best stay ahead of post-surgical pain.
- Continue the above schedule of ibuprofen for 4-5 days to prevent your body’s inflammatory response, but after 24 hours you can taper off of the Rx pain medication as tolerated.
- Do not exceed the following safe daily maximum dosage of these medications:
 - **Ibuprofen:** Do not take more than 3200 mg daily (16 standard 200 mg tabs)
 - **Rx Pain medication:** Do not take more than 10 tabs daily (there is acetaminophen (Tylenol) in these tabs, which is to not exceed 3000 mg daily)

Antibiotics:

- **First Dose:** Take your first antibiotic pill with your first meal after surgery.
- **Subsequent Dosing:** Take your antibiotic with meals according to the following schedule:
 - **For antibiotics that are directed to use every 12 hours or 2 times per day:**
 - Take one with breakfast and one with dinner
 - **For antibiotics that are directed to use every 8 hours or 3 times per day:**
 - Take one with breakfast, lunch, and dinner
 - **For antibiotics that are directed to use every 6 hours or 4 times per day:**
 - Take one with breakfast, lunch, dinner, and at bedtime
 - If you begin to experience diarrhea or gastrointestinal upset, discontinue your antibiotic and contact our office immediately.

Mouthrinses:

- **Chlorhexidine mouthrinse (Peridex)**
 - Swish and spit for 60 seconds and then spit it out (do not swallow). Don’t worry about measuring, just use enough to sufficiently rinse around.
 - **First Dose:** Before bed the evening of your surgery, but swish VERY gently with your first rinse.
 - **Subsequent Dosing:** Use 3 times per day after breakfast, lunch, and dinner.
 - Do not use for more than 2 weeks, as it can eventually cause brown staining on the teeth and tongue (this can be cleaned off).
- **Salt water mouthrinse**
 - If you were not prescribed the Rx mouthrinse or if you need to swish in between those rinses, mix 1 teaspoon of salt in a cup of warm water and swish with this for 60 seconds to rinse food debris out of your mouth after eating.
 - **First Dose:** Before bed the evening of your surgery (but swish VERY gently).
 - **Subsequent Dosing:** As frequently as needed to rinse food debris from the surgical sites.

Steroid pill pack (Medrol (methylprednisolone) Dosepak)

- This anti-inflammatory medication is meant to reduce post-operative pain and swelling for certain procedures, such as wisdom teeth and bone grafting procedures for dental implants. See the foil pill pack inside the box for specific dosing directions.
- **First Day’s Dosing:** You will want to take all six pills for “Day 1” of your steroid course today. Split up the pills for “Day 1” with meals and bedtime throughout the rest of the day.
- **Subsequent Dosing:** Take according to the dosing described on the foil pill packet inside the box.

Ondansetron (Zofran, for treatment of nausea and vomiting):

- Take one tablet of Zofran at even the slightest onset of nausea, then up to every 4 hours as needed.
- If you are especially prone to nausea (easily motion sick, etc.), we recommend taking one tab of Zofran with a little bit of food about 20 minutes prior to each Rx pain dose to prevent nausea.