



MYNSBERGE, RUGGLES & YANG

Oral, Maxillofacial and Dental Implant Surgery



Directions for After Oral Surgery and Anesthesia

Please note, these instructions can also be found on our website in both written and video formats at:

www.oralurgerymarin.com/surgical-instructions

We want your recovery to be as smooth and pleasant as possible. Following these instructions will help best ensure this, but if you have questions or concerns about your progress, you can reach Drs. Mynsberge, Ruggles, or Yang 24 hours a day by calling:

(415) 461-1150

Use voicemail option #3 (for Dr. Mynsberge), #4 (for Dr. Ruggles), or #5 (for Dr. Yang) after business hours to reach the doctors directly

Post-surgical Care Instructions:

- **Gauze:** Bite firmly on gauze for the first 30 minutes, keeping *continuous* pressure. Then replace with slightly dampened new gauze every 30 minutes until bleeding subsides (usually 2-3 times). If obvious bleeding persists, try biting firmly on a moistened tea bag. **DO NOT SPIT** forcefully as this may disrupt the clotting process.
- **Ice/Heat:** Apply ice pack (frozen peas) to the outside of your face to minimize swelling and discomfort. Apply 20 minutes on, 10 minutes off **AS MUCH AS POSSIBLE TODAY AND TOMORROW**. After 24 hours ice is no longer effective for swelling, but can still help with discomfort. After 3-4 days, apply warm compresses instead for comfort and improved jaw opening.
- **Hygiene:** Be cautious 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 either warm salt-water (1 teaspoon of salt in a cup of warm water), your normal over the counter mouth wash (Listerine, Scope, etc.) and/or your prescription mouth rinse (if you were given this) as well as after eating (see reverse for details). Continue rinsing up to 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 3-5 days, you may ease your way back into a regular diet. Be sure to drink plenty of fluids as well. **AVOID** small, sharp, granular foods (fruits with large seeds, chips, rice, nuts, popcorn, etc.) for 2 weeks after surgery.
- **Rest:** Rest as much as possible. To minimize swelling, it helps to keep your head elevated above your heart (use two or more pillows) for the first 48 hours.
- **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. Try to start the pain medicine prior to the numbness wearing off. While numb, drooling is common. Be very careful and chew slowly to avoid biting your lip, tongue, or cheek. *****Of note, the lower lip and chin numbness takes the longest time to wear off and may stay numb until bedtime.**
- **Bleeding:** It is normal to experience mild bleeding or oozing after surgery for several hours. This can even persist into the evening of or next morning after surgery. Blood mixes with your saliva and makes it appear there is more bleeding 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 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 seated to standing.
 - Sleepiness, lethargy, and even mild confusion
 - Bruising on the face and neck.

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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.* Note that depending on the surgery performed, only some of the following prescriptions may be prescribed for you. Please follow these general medication guidelines for any Rx you were given:

Pain Control:

- Pain is best controlled with a combination of over-the-counter ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) **FOR BASELINE PAIN CONTROL.** Try only using your prescription (Rx) pain medication **ONLY FOR "BREAKTHROUGH" PAIN.**
- **RECOMMENDED BASELINE PAIN CONTROL SCHEDULE:**
 - **Ibuprofen (Advil, Motrin):** 3 standard tabs of 200 mg ibuprofen (600 mg dose)
 - **Acetaminophen (Tylenol):** 1 tab of extra strength acetaminophen (500 mg dose)
 - For pediatric patients, use recommended dosing on the bottle of children's ibuprofen and acetaminophen
 - **First Dose:** Take 1-2 hours after surgery before all the numbness wears off. Make sure you have eaten something.
 - **Subsequent Dosing:** Every 4-6 hours
 - **Duration:** we recommend continuing this schedule **REGULARLY FOR 4-5 DAYS FOR "BASELINE" PAIN CONTROL**
- **IF YOU NEED YOUR RX PAIN MEDICINE FOR BREAKTHROUGH PAIN:**
 - You may take 1-2 tabs of your Rx pain medicine (Percocet/Norco) along with the ibuprofen
 - **PLEASE NOTE:** there is acetaminophen in the Rx pain medicine, so **DO NOT TAKE OVER THE COUNTER ACETAMINOPHEN WITH IT!**
- Do not exceed the following recommended daily maximum dosage of these medications:
 - **Ibuprofen:** Max dose 3200 mg daily (16 standard 200 mg tabs)
 - **Acetaminophen:** Max dose 3000 mg daily (6 extra strength 500 mg tabs [or 9 standard 325 mg tabs])
 - **Rx Pain medication:** Each tab contains 325 mg acetaminophen, so BE CAREFUL not to mix with plain Tylenol

TAKE AT THE SAME TIME!
(It is very safe to combine them)

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 experience diarrhea or gastrointestinal upset, stop taking your antibiotic and contact our office immediately.

Mouth rinses:

- **Listerine/Scope & Salt water mouth rinse**
 - If you were not prescribed the Rx mouth rinse or if you need to swish in between those rinses, either use Listerine, Scope, etc. or mix 1 teaspoon of salt in a cup of warm water and gently swish for 30-60 seconds to rinse away food debris 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 away from the surgical sites.
- **Chlorhexidine mouth rinse (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).
 - **Subsequent Dosing:** Use up to 3 times per day after meals.
 - Do not use for more than 2 weeks because it can stain your teeth and/or tongue dark brown (this can be cleaned off).

Steroid pill pack (Medrol (methylprednisolone) Dosepak)

- This anti-inflammatory medication is meant to reduce post-operative pain and swelling for more involved procedures; 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:** Take all six pills for "Day 1" of your steroid course today after surgery. All six may be taken together.
- **Subsequent Dosing:** Though the box advises to take the steroids intermittently throughout the day, it is totally safe to take the whole day's worth of pills all at once each morning with breakfast (five tabs for Day 2, four tabs for Day 3, etc.)

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

- Take one tablet of Zofran at the slightest onset of nausea, then every 6 hours as needed.
- The Rx pain pill's most common side effects are nausea and/or constipation. If you are especially prone to nausea (motion sickness, seasickness, etc.), we recommend taking one tab of Zofran pre-emptively 20 minutes prior to each Rx pain pill.