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## **Home Care Instructions After Oral Surgery**

**Pain** in varying amounts is to be expected after any oral surgery. If a prescription has been given for pain relief, have it filled and take the medication according to the instructions. Most patients can take ibuprofen (Advil) in addition to the prescribed narcotic pain medications this way:

~Take three 200mg ibuprofen tablets, three times per day for five days. The ibuprofen will help decrease the inflammation and helps the prescribed narcotic pain medications work better.

**Swelling** commonly develops after oral surgery and tends to reach its peak in 24-48 hours. Elevate your head and place an ice pack over the affected area; 20 minutes on 20 minutes off; for the first 36 hours after surgery to help reduce the amount of swelling.

**Bleeding** following oral surgery is not uncommon and may be expected. Bite on gauze for about 30 minutes after surgery and replace the gauze as needed if oozing persists. You may gently rinse your mouth to freshen it, but vigorous mouth rinsing should be avoided. Sit upright in a chair and apply ice to the affected side of your face.

~Tea bags may be used for persistent bleeding in this way: Place a moistened tea bag over the area and bite firmly for ten minutes by the clock. Repeat as needed.

**Nausea** may occur after any oral surgery and is an unfortunate but normal side effect of all the narcotic pain relievers. If you experience nausea, minimize the amount of narcotic pain pills you use and try to get by on ibuprofen. Drink small amounts of fluids often, such as Gatorade, Cola soda, or iced tea.

~If an anti-nausea medication has been prescribed, use it this way:

- 1: Eat a little something first. (Like yogurt, or scrambled egg)
- 2: Take a nausea pill and wait 30 minutes.
- 3: Take your first narcotic pain pill.

**Bruising** or Discoloration of the face and neck may occur several days after oral surgery and will resolve itself over several days. Heat packs may be used after 36 hours to help this resolve faster.

**Diet:** Eat soft and/or liquid foods for the first 24 hours following surgery. Fluids are the more important than food to prevent dehydration. Avoid particulate foods such as peanuts and sesame seeds. After 24 hours, let your comfort level guide your diet.

**Good oral hygiene** after oral surgery promotes better healing. Begin gentle tooth brushing the day after surgery or whenever you are comfortable. If you have received a prescription for a mouth rinse, use it as prescribed.

**If sutures** were placed they will dissolve on their own within one to two weeks.

**Lower wisdom teeth sockets can be irrigated** 48 hours after surgery.

~If you were given an irrigation syringe, rinse out each lower socket with warm, slightly salty water after each meal. The opening to the lower socket is just beyond the last molar, slightly to the cheek side. You can stop irrigating when the hole fills in-usually within 2-3 weeks. The upper wisdom teeth sockets usually take care of themselves.

**Please call the office if any of the following occur**; severe bleeding, high fever over 101.5 degrees Fahrenheit, persistent nausea or vomiting, or prolonged numbness.

**Call 911 for any serious reactions**; i.e., serious bleeding, respiratory distress, or rapidly expanding swelling with difficulty in swallowing or breathing.

**Contact** our office if you have any questions at **503-224-1371 ext. 662**