

*Jeffrey N. Hamlin, D.M.D., P.C.*  
Oral, Maxillofacial and Implant Surgery

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After hours—Call (269) 385-2101 to have message service page the doctor if you feel you are having complications.

**\*\*If you feel you are experiencing a medical emergency, go directly to the nearest Emergency Room\*\***

**\*\*If your phone has privacy manager on it, Dr. Hamlin will not be able to phone you\*\***

**\*\*There will be no narcotic pain medicine phoned in after hours or on the weekends\*\***

**POST OPERATIVE CARE**

The proper care following oral surgery procedures will hasten recovery and prevent complications.

- 1.) **REST:** Minimize strenuous activities for 24—72 hours after surgery.
- 2.) **BLEEDING:** Remove the gauze from mouth after getting home and before drinking or eating. If still bleeding, replace fresh gauze and bite firmly for 20-30 minutes with no talking. A small amount of bleeding is normal on the first day and night.
- 3.) **FOOD:** After surgery, liquids are acceptable when desired. Allow for the numbness to cease before beginning solid foods. The day after surgery, eat as desired and tolerated. Encourage clear fluid intake, initially, then progress to soft foods. Cut down or discontinue smoking for one week. Smoking, spitting and usage of straws will increase bleeding the first and second day, and risk of painful osteitis or dry sockets, which will delay healing.
- 4.) **SWELLING:** It is normal to have swelling of the face after surgery. Use ice packs (ice in plastic Ziploc bags covered with a towel) for 3 days after surgery. It is important to place the ice pack on the outside of the face, alternating sides, 15 minutes on 15 minutes off. On the fourth day after surgery, switch to a warm moist towel compress. Usually the largest amount of swelling occurs on the third day after surgery.
- 5.) **DO NOT RINSE MOUTH TODAY:** Tomorrow rinse mouth gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses for several days. Teeth may be brushed lightly the day of surgery. Toothpaste may be used but avoid mouthwashes containing alcohol.
- 6.) **BONY EDGES:** Small bone fragments may work through the gums during healing. These are not roots. Please contact the office to have Dr. Hamlin evaluate them if they occur.
- 7.) **NAUSEA:** Pain medications and antibiotics can cause nausea. Take medications with an adequate amount of soft food to help prevent nausea. Classic Coke and clear carbonated liquids are helpful in preventing nausea. If nausea still continues, discontinue narcotic pain medications. Substitute with Ibuprofen. Discontinue antibiotics only if Dr. Hamlin recommends this.
- 8.) **PAIN:** Use narcotic pain prescription only if needed. Substitute or use in conjunction with 400 mg of Ibuprofen every 6 hours.
- 9.) **SUTURES:** Dissolvable sutures will dissolve on their own in 7-10 days. Sutures may become loose, irritating or may come out. This is usually not significant. Any questions or concerns please feel free to contact the office.

10.) **LOCAL ANESTHESIA:** Numbness from the injection site should wear off in 1-4 hours after surgery. If any symptoms occur which you feel are unusual or are concerning you, please contact our office. **Thank You**