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Oral, Maxillofacial and Implant Surgery
www.hamlinoralsurgery.com

After hours—Call (269) 385-2101 to have our answering 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****
****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, eating or sleeping. 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. **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. If you have light bleeding (which will be normal), try to leave the area alone, as replacing gauze back and forth in the extraction site could potentially dislodge the blood clot and will continue to bleed. If bleeding is “pooling” in the mouth, you may try using a teabag wrapped in paper towel. Run the wrapped teabag under cold water and wring out. Place in the extraction site and bite firmly without walking or talking for 30 minutes.

- 3.) **FOOD:** After surgery, liquids are acceptable when desired. Allow for the numbness to cease before beginning solid or hot foods, so you don’t bite or burn yourself. 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.**

- 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. In most cases, swelling will peak 3 days after surgery and start to subside thereafter.

- 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. You may continue rinsing with salt water until the “holes” close, which could be 4-6 weeks after extraction. This will prevent food from becoming trapped in the extraction site. If food does become trapped (which is normal, especially with lower teeth), you may experience pain and slight swelling in that area. Take a monojet syringe (any pharmacy sells these or call our office to pick one up) and fill it with salt water. Place the tip of the syringe in the extraction site (“hole”) and flush out the food debris. The pain and swelling will dissipate within 12 hours. Only flush the sites out when there is food debris present, as over flushing will slow down the healing process. Teeth may be brushed lightly the day of surgery but stay one tooth in front of the extraction site to avoid bleeding. Toothpaste may be used but avoid mouthwashes containing alcohol for several days as this may sting the extraction site.

- 6.) **BONY EDGES:** Small bone fragments (“splinters”) may work through the gums during healing. These are not roots, and they usually work their way out within a week or two

after surgery. If there is a bone ledge that is still present and is painful after a week, 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 we prescribed you anti-nausea medication (Zofran), take that with food and wait 30 minutes before taking the pain medication. 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 3-12 days. Sutures may become loose, irritating or may come out within a couple days, as well as any packing material Dr. Hamlin places in the extraction site. This is usually not significant.
- 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!