

# e l e v a t e d

## ORAL & MAXILLOFACIAL SURGERY

**\*\*\*PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY AS THEY MAY DIFFER SLIGHTLY DEPENDING ON PROCEDURE\*\*\***

Sometimes the after-effects of oral surgery are minimal, so not all of the instructions may apply. Individual results vary. However, if you have a question, follow these guidelines or call our office for clarification. Our number is 720-870-1451.

Please keep in mind after bone grafting and implant placement, there is a period of usually 3 or more months of healing between steps.

### **DAY OF SURGERY**

**FIRST 1-2 HOURS:** Bite down gently but firmly on the gauze packs that have been placed over the surgical site(s) making sure they remain in place. The gauze packs may be changed as needed within the first hour or two after procedure. Gauze is not very helpful beyond 2 hours from when you arrive home.

**ORAL CARE:** Do not disturb the surgical area today. Do **NOT** rinse vigorously or probe the area with any objects for 48 hours. You may brush your teeth gently. **PLEASE DO NOT SMOKE** for at least 2 weeks, since this is very detrimental to healing.

**OOZING:** Intermittent bleeding or oozing overnight is normal. Some granules of bone graft may come out over the healing period.

**PERSISTENT BLEEDING:** Bleeding should never be severe. If bleeding persists or becomes heavy, you may **substitute a black tea bag** (soaked in very hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

**SWELLING:** Swelling is often associated with oral surgery, and worsens over the next 48-72 hours. Swelling can also influence your ability to open your mouth. It can be minimized by using a cold pack, ice bag or a bag of frozen vegetables (such as peas) wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24-48 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

**PAIN CONTROL:** Dr. Russell prefers you take safe medication using a proactive protocol, this means you will take the non-opioid medication whether in pain or not for a minimum 5 day period. We recommend 1 tab (800mg) Ibuprofen (Motrin) and 2 tablets regular strength acetaminophen (650mg total) three times a day **AFTER EATING**. Please take them together! Patient do not need to be woken up during the night to take medicine. Please notify us if you cannot take either medication.

The prescribed narcotic should be used only if needed and due to it containing Acetaminophen, a maximum of 3 tablets daily is recommended. It usually, if needed at all, is needed the first day or two after surgery. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. The narcotic should only be taken if you are in pain, and usually only for the first day or two after surgery. **If you find you are taking large amounts of pain medicine at frequent intervals, please call our office, you will need to be seen by the doctor.**

**NAUSEA:** Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain medication with food, and large glass of water. Try to keep drinking fluids and minimize dosing of pain medications, but call us if you do not feel better. Nausea can also be caused by an empty stomach, the doctor encourages each patient to begin eating (soft foods) and drinking as soon as they feel able, once home. Small sips of ginger ale may help with nausea, as long as it contains real ginger.

**DIET:** Remove gauze to eat! Because your tongue and lips may be numb, please only eat soft foods that you do not have to chew to reduce the chance of biting your tongue or lip. Eat any nourishing food that can be eaten with comfort. Avoid extremely hot foods. Do not use a straw for the first 48 hours after surgery. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). It is best to avoid foods like nuts, seeds, popcorn, chips, etc.,

which may get lodged in the socket areas, also avoid acidic juices and sodas for the first few days. Over the next several days you may gradually progress to more solid foods. **It is important not to skip meals!** If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

### **INSTRUCTIONS FOR THE SECOND AND THIRD DAYS**

**MOUTH RINSES:** Keeping your mouth clean after surgery is essential. Begin 48 hours after surgery, using a salt water rinse swishing gently. Use ¼ teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily. **You may begin to use an alcohol-free mouth rinse (5 days) following surgery, also swishing very gently.**

**BRUSHING:** Begin your normal oral hygiene routine as soon as possible after surgery. Do not use a waterpik/water flosser around the implant/ bone grafting site. You may use a toothbrush to brush the gums very gently. Turn off any electric toothbrush when brushing near the surgical site. Avoid aggressive swishing, sucking, or spitting. **(This WILL wash the graft out).** Soreness and swelling may not permit normal brushing, but please make every effort to clean your teeth within the bounds of comfort, a clean mouth prevents infection. If given a syringe, please do not use this to irrigate graft sites, it is only to be used at extraction sites without a graft.

**HOT APPLICATIONS:** After 48 hours of cold compress, you may then begin heat therapy. You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, and heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help healing and mobility.

**HEALING:** Normal healing after an implant/ bone grafting should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.**

If having bone grafting performed it is normal to have some graft material come out through the course of healing.

**IMMEDIATE DENTURE PLACEMENT:** For the first 48 hours, only remove denture briefly to clean. After 48 hours, wear as little as possible for the next 5 days (until follow-up appointment). Further instructions will be given at follow-up appointment.

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 about your progress, please call the office. A 24-hour answering service is available to contact the doctor on call after hours and weekends (the phone number mentioned on the office voicemail). Please note: telephone calls for narcotic (painkiller) prescription renewal are **ONLY** accepted during office hours. Please be advised that due to changes in laws, we **CANNOT** call narcotic painkiller prescriptions in by phone. You will have to pick up the signed prescription from our office.