

Thank you for choosing Sandhills Oral Surgery and Implant Dentistry for your specialty care!

The following is a general guideline for post-operative care for most procedures. If modifications of post-operative care for your specific procedure are warranted, they will be discussed with you and hand-written on the back of this form.

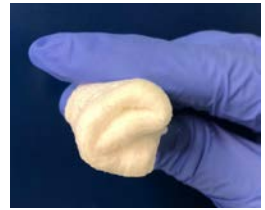


WHAT TO EXPECT AFTER SURGERY

1. **Bleeding** - Some bleeding may continue for a short time after surgery. This may be controlled by maintaining pressure over the surgical site by biting firmly on a damp, chilled gauze sponge for 30 minutes. **The gauze must be placed over the surgical site, if the gauze is placed between the upper and lower teeth, bleeding will continue.** Elevate the head and repeat the above procedure every 30 minutes until the active bleeding is controlled. A red tinge of the saliva is normal for a 24 hour period after surgery. If profuse bleeding occurs, notify your doctor.
2. **Swelling** - Swelling will peak at the 3rd day after surgery and can last several more days.
3. **Discomfort** - Discomfort is expected after surgery. Common complaints include pain with adjacent teeth or ear pain.
4. **Sutures** - You may have sutures as part of your surgery. Most sutures do not need to be removed and will dissolve on their own during the first week after surgery. It's important no to disturb your sutures with your tongue or a toothbrush.
5. **Cracking** - At the corners of your mouth. This can be mitigated by keeping your lips moist with a lip balm.
6. **Bruising** - Discoloration may occur on the outside of the face near the area of surgery. This can also occur at the I.V. site.
7. **Increased Temperature** - There could be a slight increase in temperature during the first 48 hours after surgery.

WHAT YOU SHOULD BE DOING AFTER SURGERY

1. **For Bleeding** – You will be provided with gauze to take home. Dampen the gauze with cold water. Fold the gauze as instructed and place it over the surgical site. Apply moderate pressure for 30 minutes. **MAKE SURE THE GAUZE IS PUTTING PRESSURE ON THE SURGICAL SITE.** Repeat this process as needed. Bleeding should stop within a few hours after surgery. It is not uncommon to have blood-tinged saliva on your pillow in the morning.



2. **For Swelling** – Most patients are provided with ice packs after surgery. Ice packs should be used as much as possible for the first 3 days after surgery. Change ice packs every 30 minutes or sooner if they are no longer cold.



3. **For Pain** – The combination of Ibuprofen (Motrin, Advil) and Tylenol has been shown to be as effective as low dose opioids for controlling post-operative pain. This regimen requires Ibuprofen (Motrin, Advil) and Tylenol to be taken **TOGETHER** 3 times a day for 4 days. The first day is the day of your surgical procedure.

NOTE: NOT ALL PATIENTS CAN TAKE THESE MEDICATIONS. THIS REGIMEN AND THE DOSES OF IBUPROFEN AND TYLENOL WILL BE DISCUSSED WITH YOU BY THE DOCTOR.

NOTE: DO NOT FOLLOW THIS REGIMEN IF THE DOCTOR DID NOT SPECIFICALLY RECOMMEND IT OR YOU ARE NOT ABLE TO TAKE IBUPROFEN (MOTRIN, ADVIL) AND/OR TYLENOL (ACETAMINOPHEN)

NOTE: TAKING TOO MUCH IBUPROFEN (MOTRIN, ADVIL) AND/OR TYLENOL CAN CAUSE SERIOUS DAMAGE TO YOUR GI TRACT, LIVER, AND KIDNEYS.

You may also be prescribed an opioid for post-operative pain. The doctor will discuss how you will take this drug. Opioids can cause serious side effects to include, but not limited to, nausea/vomiting, dizziness, constipation, drowsiness, decreased respirations and the possibility of dependence. **THEY SHOULD BE TAKEN WITH CAUTION.**

4. **For Your Diet** – **HYDRATE, HYDRATE, HYDRATE!** It's important to drink plenty of fluid after surgery. Advance to a normal diet as soon as possible after surgery. It is fine to eat regular foods right after surgery, after bleeding has stopped. **FAILURE TO MOVE YOUR JAW AFTER SURGERY CAN LEAD TO MUSCLE STIFFNESS, MORE PAIN, AND A PROLONGED RECOVERY.**
5. **For Your Activity** – Limit any significant cardiovascular activity or weightlifting for the first 4 days after surgery. Doing too much, too soon can lead to a prolonged recovery time, increased bleeding, and other complications.

6. **For Wound Care** – Starting THE DAY AFTER SURGERY, you should rinse with warm salt water 4 times daily. Rinse for at least 1 minute each time. Salt water can be made by mixing 8 ounces of warm water with ½ teaspoon of table salt. Do these rinses for 2 weeks.

You may also have been given a prescription for an antibacterial rise. This should be used twice daily starting the DAY AFTER SURGERY as directed on the bottle. Do these rinses for two weeks after surgery.

NOTE: NO RINSING FOR THE FIRST 24 HOURS AFTER SURGERY.

You can brush your teeth starting the night of surgery. The doctor may advise you to modify brushing and/or flossing.

7. **For Nausea** – Following oral surgery and anesthesia, nausea is occasionally encountered. If you experience nausea or vomiting after surgery, change your diet to sips of clear liquids. If nausea or vomiting continues longer than 24 hours after surgery, call your doctor.

THINGS NOT TO DO AFTER SURGERY

1. **DO NOT** manipulate the surgical sites or sutures with your fingers, tongue, or other objects.
2. **DO NOT** rinse or expectorate for the first 24 hours after surgery.
3. **DO NOT** use a straw for the first 24 hours after surgery.
4. If you were sedated, **DO NOT** drive a vehicle or operate machinery for 24 hours after surgery.
5. **DO NOT** engage in any strenuous exercising for at least ____ days after surgery

**IF YOU HAVE ANY QUESTIONS OR CONCERNS,
PLEASE CALL THE OFFICE, 910-483-9216.**

**IF YOU ARE HAVING A LIFE-THREATENING
EMERGENCY, CALL 911.**

****You have access to the Post-Operative Care Instructions video on our website. Go to www.sandhillsoralsurgery.com, then**

- Click on the menu tab in the top right hand corner of the main page
- Click on “Patient Resources”
- Click on “Learn More”
- Click on “Pre & Post Surgery Care”
- Scroll down to “Informed Consent Videos”
- Click on “Postoperative Care” video

NOTES

We wish you a speedy recovery and are here if you need us!

