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oral and maxillofacial surgery

## **POST-OPERATIVE INSTRUCTIONS**

### **BLEEDING CONTROL**

- A) Keep gauze pack in place for two hours with constant, firm biting pressure.
- B) Do not suck or spit excessively for 24 hours after surgery.
- C) If bleeding persists, remove gauze from paper pack, fold, and place over bleeding area, and exert firm pressure on gauze by biting your teeth together for one hour. You may use a moistened tea bag as an alternative.
- D) If bleeding continues, return to our office or call (510) 724-5064.
- E) Some oozing and discoloration of saliva is normal.

### **PAIN CONTROL**

For the relief of pain, take the medication prescribed by your doctor. You should not drive or operate machinery while taking medications.

### **SWELLING CONTROL**

If told to use ice, place ice bag on your face, 20 minutes on and 20 minutes off for two days. The ice may be placed in a plastic bag and covered with a thin towel before applying to the face. On the third day following treatment, warm moist heat may be applied for comfort and to reduce swelling.

### **DIET**

You may drink clear liquids after you are assured there is no bleeding. After two hours, you may have a liquid or a soft diet. As healing progresses over the next few days, follow your natural inclination as to diet, but for your comfort, consider taking soft foods. Drink plenty of fluids. Well balanced meals are important to your recovery.

### **ORAL HYGIENE**

Do not use a mouth rinse for 12 hours. After 12 hours, if the bleeding has stopped, a warm salt water mouth rinse (1/2 teaspoonful to a glass of warm water) will aid in healing. Use 5-6 times daily after eating and between meals for the first week. You should resume brushing of your teeth 24 hours after surgery.

### **REST**

Avoid over-fatigue. Go to bed early and get adequate rest during the day. If you were sedated by injection into a muscle or vein, you should go home and rest quietly with head elevated. Remain inactive for 24 hours.

### **LIPS**

If the corners of your mouth are cracked or sore, keep them lubricated with Vaseline.

Diplomate, American Board of Oral and Maxillofacial Surgery

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## **BLACK AND BLUE**

Do not be alarmed if a yellowish blue-black discoloration appears on your face after surgery. It will take a week or more to fade away.

## **ANTIBIOTICS**

If you are given a prescription for an antibiotic, have it filled and take ALL of the medication according to the instructions on the label.

## **SUTURES**

Occasionally sutures are placed. Although you may feel them with your tongue, it is best to leave them alone. Gut sutures will dissolve in 2-5 days. If silk or synthetic suture material is used, they will be removed by your doctor.

## **POST-OP VISITS**

You should return to the office for your post-operative visits at the suggested time. However, feel free to call if you are having any problems.

## **POSSIBLE COMPLICATIONS**

Following any oral surgical procedure (particularly the removal of impacted lower wisdom teeth) several undesirable effects may occur.

1. Smoking is not recommended. Smoking can cause delayed healing and associated complications
2. Other teeth on the same side may ache temporarily.
3. You may have a sore throat or earache for a few days.
4. If the medication you are taking does not make you feel comfortable, call the office.
5. If you develop a fever, call the office.
6. Numbness of the lower lip may persist on the same side as the surgery. Mention this at your post-operative visit.
7. There may be a "hole" in your gum after surgery. This is the tooth socket. It will fill in with time. Rinse and brush your teeth after meals to keep it clean.
8. If you are in doubt about your post-operative course, phone the office.