

DR. C. KEN TEMPLETON POST OPERATIVE INSTRUCTIONS

Immediately Following Surgery

The gauze pad placed over the surgical area should be kept in place for a half hour. After this time, the gauze pad should be removed and replaced until bleeding stops. It is okay to remove the gauze to eat or drink.

Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.

Take the prescribed pain medications as soon as you are able to eat and before the local anesthetic wears off, typically, 2 to 3 hours following surgery.

Restrict your activities the day of surgery and resume normal activity when you feel comfortable. This will usually be 3 to 4 days after surgery for wisdom teeth patients.

Place ice packs on the side of your face where surgery was performed. Refer to the section on swelling for further explanation.

Bleeding

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for thirty minutes. Repeat if necessary. In order to stop bleeding, the pressure from the gauze must be placed directly over the surgical area. Chewing on the gauze only stimulates saliva flow, increases the risk of more bleeding, and risks injury to the “numb” oral structures.

To minimize further bleeding, sit upright, place ice on the face adjacent to the site, and avoid exercise. A moist tea bag wrapped in gauze will also help the blood clot stabilize. If bleeding does not subside, please call the office for further instructions (918) 508-2121.

Swelling

Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. Swelling and mild bruising is normally expected and is usually proportional to the surgery involved. This is the body's normal reaction to surgery and eventual repair. Many times the swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. A bag filled with ice, or ice packs should be applied to the sides of the face where surgery was performed. **Ice should be applied in increments of 20 minutes at a time for the first 48 hours. After the first 24-48 hours, ice has little beneficial effect to reduce swelling. Should you continue to have swelling after 48 hours, moist heat should be applied in 20 minute increments.** If swelling or jaw stiffness has persisted for several days, there is no cause for alarm as this is a normal reaction to surgery.

Pain

For severe pain, take the prescribed pain medication tablets as directed. Pain or discomfort following surgery is usually at its worst 24–72 hours after surgery. Pain typically peaks on the third day. If pain persists or worsens beyond that, it may require attention and you should contact the office for further instruction.

Diet

After general anesthetic or IV sedation, liquids should be initially taken. Drink from a glass and do not use a straw, as the sucking motion can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical sites. Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake.

Brushing/Rinsing

No vigorous rinsing should be performed until the day following surgery. You can brush your teeth the day after surgery, just be gentle at the surgical site. You should also begin rinsing gently at least 5-6 times a day, especially after eating, with a cup of warm water mixed with a teaspoon of salt.

Discoloration

As mentioned earlier some discoloration (bruising) is common. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively. Bruising can take 14 days to resolve. Moist heat and Arnica Montana cream will help bruising resolve.

Nausea and Vomiting

Nausea and vomiting are common side effects of IV sedation, general anesthesia, and many narcotic oral pain medications. Using Phenergan gel prior to taking narcotics will decrease the chance of nausea. In the event of nausea and/or vomiting following surgery, you may want to try and eat some clear broth or saltine crackers. If the nausea and vomiting do not resolve with the nausea medication you were prescribed, please contact our office.

Potential Issues

If numbness of the lip, chin, or tongue occurs there is no cause for alarm. This is usually temporary in nature. Please be aware that if your lip or tongue is numb, you could bite them and not feel the sensation.

Some patients may feel dizzy following surgery. You should be careful going from the lying down position to standing. Before standing up, you should sit for one minute then get up.

Occasionally, patients may feel hard projections in the mouth with their tongue. The rough surface is not the roots of the tooth. They are usually the bony walls which supported the tooth.

These projections usually smooth out spontaneously. If not, they can be removed by Dr. Templeton.

If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with over the counter lip balm.

Sore throats and pain when swallowing are not uncommon. Since muscles are swollen, the normal act of swallowing can become painful. This pain will usually subside in 2-3 days.

Stiffness of the jaw muscles may cause difficulty in opening your mouth for several days following surgery. This is a normal post-operative event which will resolve in time.

Frequently Asked Questions

Sutures are placed in the area of surgery to minimize post-operative bleeding and to help healing. Most often, the sutures disintegrate early or are dislodged. This is no cause for alarm, simply remove the suture from your mouth and discard it. The sutures will dissolve approximately one week after surgery.

There will be a hole or opening where the tooth was removed. In the coming months the cavity will gradually fill in with the new tissue. In the meantime, the area should be kept clean, especially after meals, with salt water rinses. ***Special Instructions for lower wisdom teeth removal: One week after the surgery, begin using the syringe provided in your post-op bag. (See "Instructions for Using your Monoject Syringe").**

A dry socket is when the blood clot gets dislodged prematurely from the tooth socket. Symptoms of pain at the surgical site and even pain to the ear may occur 2-7 days following surgery. Call the office if this occurs.

If you have any additional questions or concerns, please call the office (918) 508-2121.

Using your Monoject Syringe
For use with LOWER wisdom tooth extractions ONLY

Begin using your Monoject syringe **ONE WEEK AFTER YOUR SURGERY**. Using your syringe any sooner than that can cause complications such as dry socket.

Using your Monoject syringe properly is an important part of your recovery from oral surgery. Please follow these instructions carefully:

1. Fill the syringe with warm salt water.
2. Aim the curved tip of the syringe into the extraction site of the lower jaw.
3. Depress the stopper, letting the water irrigate down into the extraction sites.

It is important to irrigate the extraction sites five times a day, particularly, first thing in the morning, after eating and before going to bed.

This routine must be followed for **TEN** days.

If you had an upper wisdom tooth extraction, you do not need to irrigate these extraction sites.

If you have any questions, please consult your post operative instructions or call the office at (918) 508-2121.

MEDICATION INSTRUCTIONS FOR ORAL SURGERY PROCEDURES

Pain Medication (Norco, Percocet, Tramadol, Ibuprofen, etc.)

- Approximately one hour after surgery, Dr. Templeton suggests you get something light on your stomach such as a milkshake or smoothie. Use a spoon, no straws. Once you have something on your stomach, you will begin taking your narcotic pain medication as prescribed.
- You should not drive or drink alcohol after taking a narcotic.
- The day after your surgical procedure, you will begin alternating between the narcotic pain medication and the ibuprofen you were prescribed. Take both of these medications as prescribed. Do not exceed 3200 mg of ibuprofen in 24 hours.

Antibiotic (Amoxicillin, Clindamycin, Augmentin, etc.)

- You will begin taking your antibiotic the evening of your surgical procedure.
- Take antibiotic as directed on the prescription label. Continue with the antibiotic until prescription is finished.

Peridex (Medicated Mouth Rinse)

- You will begin gently rinsing with Peridex the day after your surgical procedure. Be sure to gently rinse with Peridex twice a day for one week. If you are an implant patient, gently rinse with Peridex twice a day for a week. Following the first week, use a cotton swab dipped in Peridex to keep the implant site clean.

Nausea Medication (Phenergan, Zofran, etc.)

- This medication is to be taken as needed. If you are feeling nauseous, you may begin using it at any time.
- Use this medication as prescribed.

Please follow these instructions:

- Remove gauze before eating, drinking, sleeping or taking any medications.
- Make sure you eat before taking any pain or antibiotic medication as it may upset your stomach. We recommend soft foods such as ice cream, yogurt, applesauce, mashed potatoes, etc.