

# SCV ORAL AND MAXILLOFACIAL SURGERY

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## POST-OP INSTRUCTIONS

Follow all post-operative instructions provided to reduce possible complications and facilitate your recovery.

### General Anesthesia and IV Sedation

- **Do not drive, operate machinery or power tools after general anesthesia and as long as you are taking narcotic pain medication.** You may feel alert but your fine motor skills and reflexes will be diminished.
- **Avoid making important decisions.**
- Allergic reactions are rare with the medications being used. However, if you feel that something is abnormal, contact our office immediately.
- A responsible adult should stay with you for the remainder of the day following sedation.

## EXTRACTIONS (INCLUDING WISDOM TEETH)

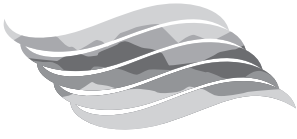
- Bite firmly on a folded gauze pack for 30 minutes. Avoid talking. If bleeding continues, moisten the extra gauze provided and bite down for an additional 30 minutes. Repeat this until the bleeding stops. If bleeding continues bite firmly on a moistened tea bag for 45 minutes.
- Expect some bleeding or oozing the first few days. If the bleeding or oozing is excessive or continuous after multiple attempts at biting on gauze, call our office for additional instructions.
- Do not rinse or spit today. Begin with gentle warm salt-water rinses the morning after surgery. Do this several times daily until the sockets heal completely. Resume brushing the morning after surgery.
- Apply cold compresses to the side of the face for the first 24 hours. Alternate 15 minutes on and 15 minutes off. After 24 hours, switch to warm compresses, twice a day, until the swelling resolves.

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**wisdom teeth • implants • extractions • facial & reconstructive surgery**

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- Take all medications as prescribed. On day 1, pain medication is most important. You should take the maximum dose the first few times and taper down as tolerated. Make sure to have eaten prior to taking the pain medication. If you were prescribed an antibiotic, start as soon as possible. It is important to take as prescribed until gone. On day 2, begin to take the steroids (if given, they usually come in a box) as prescribed.
- Dry socket can occur after 3rd molar removal. Intense pain 3-4 days after the surgery can indicate the beginning of a dry socket and should be reported to our office immediately. It may require an office visit for evaluation.
- No Smoking.  
Smoking within the first 24 hours triples the chance of getting a dry socket.
- Drink plenty of fluids, but NO alcoholic or carbonated beverages. Do not use a straw. Drink from a cup. A well-balanced diet will aid in the healing process. Advance your diet as much as you can tolerate. Begin with a soft diet that won't require much chewing. A regular diet can be started when the tissues have healed and there is no pain with chewing.
- Soreness of the jaw muscles is very common. If this persists, place warm compresses on the face for 20 minutes twice a day and continue a soft diet.

**The irrigating syringe is used on the third day following surgery. Fill the syringe with warm water then place the curved tip down inside the lower extraction sites and flush. Continue flushing after meals until the extraction sites are closed.**

**Expect some swelling and discomfort for a few days, in particular the day following surgery. Be patient, as healing takes time.**

PLEASE CONTACT DR. MOWER'S OFFICE WITH  
ANY QUESTIONS OR CONCERNS AT 661-255-1515