



VALLEY ORAL SURGEON, LTD.

Dr. Michael L. del Rosario

ORAL AND MAXILLOFACIAL SURGERY

Diplomate of American Board of Oral & Maxillofacial Surgery

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Please try office number first, in unable to reach us, please call our answering service at (814) 536-5311

POST-OPERATIVE INSTRUCTIONS

YOUR NEXT APPOINTMENT

DAY	TIME	OFFICE

The following instructions will guide you in home care following your surgery. We have found that following these simple directions will speed your recovery period and add greatly to your comfort during the healing process.

1. **Do not** rinse, spit, or use mouthwash on the day of surgery to avoid interfering with the normal clotting of blood.
2. To control bleeding, a gauze pad rolled and put under **FIRM** biting pressure directly over the bleeding area for 30 minutes should suffice. This may be repeated until bleeding stops. In general, if you bite down on the gauze and the pressure causes some pain in the surgical area, the gauze is in the proper position.

If blood clots form and protrude from the surgical area with prolonged bleeding, wipe the blood clots away from the site with a gauze pad and then apply biting pressure as described above.

Some bleeding after extraction of teeth is normal and may continue for several hours. If bleeding persists after trying the above techniques, keep your head in an elevated position and apply a tea bag over the area (after old blood clots have been wiped away). Put a gauze pad over the tea bag and apply biting pressure for 30 minutes. Repeat if necessary.

If the above methods fail to control bleeding, phone the office immediately, regardless of the hour **(814-536-4675)**.

3. Do not drive a car or do any work that requires you to be completely alert for the remainder of the day of surgery if any form of sedation or general anesthesia was used.
4. Be careful driving if you are taking any form of pain medication. Do not drive unless you are sure you are alert and can react normally to emergencies. If you are not sure, **DO NOT DRIVE**.
5. We do not recommend the use of commercial mouthwashes following surgery, but we do suggest the use of a salt solution made by dissolving a teaspoon of salt in a glass of warm water. (3% peroxide may be added to the salt water if desired, in a 1 to 1 ratio). Beginning the **day after surgery** use this as a rinse every 3 hours or so, using a full glass each time.
6. Your teeth should be kept as clean as possible by your regular dental care. Be careful of the surgical area, but try to keep it as clean as possible.
7. Refrain from the use of alcohol in any form, as it prolongs bleeding and may interact with medicines.
8. Follow a soft or liquid diet for 24 hours after surgery and then regular foods as tolerated.
9. Resume normal activity – as dictated by the way you feel. Some restraint should be shown the first day.
10. ☐ Swelling about the face is a normal post-operative event. * To control swelling, an ice bag or cracked ice wrapped in a "baggie" or plastic bag should be applied. Hold the ice on the swollen area of the face for 20

(continued on back)

minutes, then remove for 10 minutes, repeat the process for the first 24 to 48 hours only. Start as soon as possible after your surgery.

Do not use ice after 48 hours unless instructed otherwise.

Swelling may increase for the first 24 to 72 hours and can be considerable. This is normal.

☐ It should not be necessary to use ice. If more than a little swelling occurs, phone our office.

11. The removal of teeth is a surgical procedure. We are operating on tissue, blood vessels, and bone. You should expect swelling, discoloration, and pain following the operation. This does not necessarily indicate infection.
12. Due to swelling you may feel a "tightness" when opening and closing your mouth. After 3 hours, open and close your mouth periodically to avoid excessive stiffness of the jaw. Do not force your mouth open if the jaw feels painful in front of your ear (TMJ).
13. Try to eat and drink something as soon as you get home. Food will make you feel better, decrease your chances of nausea when taking pills, and help prevent dehydration.
14. You may have been given a prescription to control pain; take the medications as prescribed. If you were not given a prescription, we suggest the use of Empirin, Tylenol, Bufferin, Motrin or Ibuprofen tablets to control pain.
15. For the first 24 hours, do not take any medications on an empty stomach, even if the instructions on the container say so. Food in your stomach will often help prevent nausea when taking pills.
16. Small chips of bone may emerge from the gum as healing progresses for several weeks. This is normal. After 3 to 5 days you may begin to experience a throbbing pain or earache that does not seem to respond to pain medicine. This may be the beginning of a "dry socket" and can be a very painful problem. Call our office **(814-536-4675)**, and we will arrange for you to come in and have a dressing gently placed in the socket to relieve the pain very quickly.
17. If dentures were placed in your mouth when your teeth were removed, leave them in until you can see your dentist, preferably the following day. He will adjust them properly to relieve painful areas and will show you how to remove and replace them correctly.
18. If you will not be seeing your dentist for a few days, beginning on the day following surgery, remove your denture(s) twice a day and rinse your mouth well with salt water. Clean your denture(s) well and reinsert immediately.
19. Do not worry about the sutures we may have placed in your gum tissue. They are in the correct place and are necessary. They will be removed easily on the day and time indicated at the top of this instruction sheet at your post-operative appointment.

If you have sutures and, for some reason, have not been given an appointment for their removal, please call **(814-536-4675)**.

After your post-operative appointment, you may notice a suture remaining after several days. Due to swelling at the surgical site and possibly pain at the time of their removal, we may have inadvertently left a suture in place.

Please return to our office or call **(814-536-4675)** if you think this may be the case.

20. If a sinus exposure and repair occurred during your surgery, certain precautions are necessary: no nose blowing; if you have to cough or sneeze, do it with your mouth open; no drinking through a straw; and no smoking.
21. You can reach a doctor at any time by calling **(814-536-4675)**. This number is answered 24 hours a day by the answering service, and they will contact the doctor for you.
22. All routine post-operative appointments are covered by the fee charged for the surgery. There is no additional charge for routine post-operative visits.

Thank you for allowing Valley Oral Surgeon, Ltd. to perform your surgery. We sincerely hope that your treatment by everyone in our office has been as pleasant as possible. If you have any suggestions to help us improve our service to you, please let us know.