

Associated Oral and Implant Surgeons

Michael L. Hamlin, DDS | Carl W. Eilers, Jr., DDS | Jason D. Pickup, DMD, MBA
Nathaniel G. Wells, DMD | Michael D. Foster, DMD, MPH | Ryan S. Dowling, DMD, MD

Date _____

Patient Name _____

POST OPERATIVE INSTRUCTIONS

1. Beginning the day of surgery, do not smoke or use any tobacco products for at least 4 days.
2. Do not rinse the mouth or do any spitting the day of surgery.
3. Ice packs should be used intermittently on the day of surgery in order to minimize swelling. You may apply heat after the 1st day through the 3rd day, as swelling may be most pronounced on the 3rd day.
4. The day after surgery, rinse the mouth vigorously with mouthwash or salt water 3 or 4 times a day, especially after eating and begin using a soft toothbrush.
5. Follow a cool diet the day of surgery, including plenty of liquids. (liquid food supplements, soft drinks, juices, Jell-O, ice cream, etc.)
6. Frequently it is required to place small sutures in the gums; these sutures will dissolve in 3-7 days.
7. If you have been given general anesthesia or another type of similar medication, it is essential that you do not drive a car, engage in any type of activity requiring normal reflex reaction, such as working with power tools, or remain without supervision for at least 24 hours.
8. Take each prescribed medication as directed. Do not mix medications with alcohol.
9. If you are currently using birth control pills and have been prescribed an antibiotic, it is recommended that another type of contraceptive, in addition to the pills, be used for the rest of that cycle.
10. Do not use a straw the day of surgery – promotes bleeding

EXPLANATION OF SYMPTOMS THAT MAY OCCUR

1. Swelling and elevated temperature follow nearly every extraction. This is nature's way of beginning the healing process. It does not mean an infection is present. After the removal of impacted teeth or the trimming of bone, swelling is often quite severe. It usually reaches peak about 48 hours after surgery and lasts 4 to 6 days.
2. Black and blue marks on the face are caused by bleeding internally into the cheek and chin. This appears first as swelling but after the 2nd or 3rd day the face may turn black or blue or yellow. This discoloration will gradually disappear in a week to 10 days.
3. Slight numbness or tingling of the lip, tongue, or cheek may result from injury to the underlying nerve. If the numbness or tingling extends beyond the first 2 or 3 days, the office staff should be informed.
4. If intravenous medications were administered, slight redness or tenderness may occur at the injection site the following day. Apply a hot, moist towel to the area. If there is no improvement, notify our office staff.
5. Nausea and vomiting are frequently experienced with the use of general anesthesia. If these symptoms persist longer than 24 hours following surgery, the office staff should be notified.
6. The temporomandibular joint that joins the upper and lower jaws may be still or sore for several days.
7. During the healing process small, sharp fragments of bone may work up through the gum. This is especially true to multiple extractions and is nature's way of reshaping the bone. The process of "shedding" slivers and splinters of bone may last anywhere from 2 weeks to 4 months. If there is difficulty with some of these, please call the office for an appointment to see the doctor, Impressions for dentures should be postponed until the ridge is well healed.

IN CASE OF BLEEDING

1. After your teeth were removed a gauze was placed on the surgical area. Bite down firmly on this compress and keep constant pressure on the wound for 45-60 minutes to control bleeding.
2. Should bleeding continue when you return home, place clean gauze over the surgical area and apply pressure as described above. This procedure may need to be repeated 3 or 4 times with a fresh compress.
3. If bleeding continues in spite of the above, dip a tea bag in cold water and place over the wound, biting firmly. It also helps to lie down, with the head raised on several pillows. Apply an ice bag or cold compress to cheek on that side. Do not become alarmed or excited. If unable to control excessive bleeding, call the office.

NIGHT CALLS

To reach the on-call Surgeon after business hours, please call (423) 723-8578, and they will return your call.

Instructions given by: _____ Date: _____ Time: _____

Responsible adult or family member: _____ Date: _____