

If you are in doubt about your post-operative progress, phone the office. We will be happy to answer your questions.

TODAY:

- No Spitting
- No Straws
- No Rinsing
- No Smoking

These activities will dislodge the blood clot and can cause *severe pain*.

TOMORROW:

- Brush gently
- Start warm, salt-water rinses

DIET:

You may have clear liquids when arriving home. After two hours, soft foods may be eaten. Plan to eat clear soups, baby foods, mashed potatoes or scrambled eggs. **Avoid dairy products the first day.** Drink plenty of fluids. Do not use any alcoholic beverages for the first 24 hours.

POST-OPERATIVE CARE

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ORAL AND MAXILLOFACIAL SURGERY

CONTROL OF BLEEDING

Bite on the gauze placed in your mouth so that you exert mild pressure on the wound. Replace the gauze with a new gauze pack every 30 minutes as instructed. **Keep the gauze in place for two hours.** This will stop the bleeding. Do not suck on the wound or spit unnecessarily since it will prolong the bleeding. If bleeding persists, bite on a moistened black tea bag. **It is normal to have some blood in your saliva for 24 to 48 hours.**

PAIN CONTROL

If you were not given a prescription, Ibuprofen or Tylenol every 4 hours for discomfort should be adequate. If you were given a prescription, use only prescribed medication according to directions. Avoid taking pain medication on an empty stomach. If this does not control the pain, call the office at 650.365.1028.

SWELLING CONTROL

TODAY-To aid in the prevention of swelling after oral surgery, apply the ice packs to your face. The ice packs should be used 30 minutes out of each hour until bedtime the first day. The next morning apply the ice packs again for 30 minutes out of each hour. Continue until bedtime of the second day.

ORAL HYGIENE

Do not use a mouth rinse for 24 hours. After 24 hours, if the bleeding has stopped, a warm saltwater rinse (1/2 teaspoonful to 8 oz. of warm water) will aid in the healing. **Use 4 times daily until your next office visit.**

POST OPERATIVE INSTRUCTIONS

REST

Avoid over-fatigue. Remain inactive for 24 hours. Go to bed early at night and get adequate rest during the day. Plan to take off from work or school because your routine may be disrupted for a few days after the surgery.

LIPS

The corners of your mouth may be sore from the retractors during surgery. Keep them lubricated with a little Vaseline.

BRUISING

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

ANTIBIOTICS

It is not always necessary to take antibiotics after a surgical procedure. 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. **Please be advised that antibiotics may decrease the effectiveness of birth control pills.**

SUTURES

Occasionally sutures are placed. Although you may feel them with your tongue, it is best to leave them alone. They dissolve in 2-5 days.

POST-OP VISITS

You should return to the office for your post operative visits at the suggested time. However, fee free to call if you have any problems or questions **There is no charge for routine post-operative visits**

POSSIBLE COMPLICATIONS

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

1. You may have pain which becomes worse after a few days and does not respond to the medication you are taking. This may indicate an inflammation of the bone socket. Please call the office.
2. Other teeth on the same side may ache temporarily.
3. You may have a sore throat or earache for a few days. If the medication you are taking does not make you comfortable, call the office.
4. You may develop a fever. If your temperature reaches 102 degrees, call the office.
5. Numbness of the lower lip may occur on the same side as the surgery. This should cause you no alarm since it will likely disappear in time. Mention this at your post-operative visit.
6. There may be a "hole" in your gum after surgery. This will fill in with time. Rinse your mouth after meals to keep it clean.