

ALAN L. PEET, DDS, PLLC

STEPHEN TURELLA, DMD

DIPLOMATES OF THE AMERICAN BOARD OF ORAL AND MAXILLOFACIAL SURGERY


POST SURGICAL INSTRUCTIONS

1) Medications

Take as directed

If you experience any adverse reaction (itching, swelling, breathing problems, nausea, or vomiting) stop taking the medication and call the office.

- A. Antibiotics: If antibiotics are prescribed, take the complete prescription, even if you feel "fine".
- B. Pain Medications: May need for 4-6 days. Take the narcotic at ____, ____, ____, then every 4 to 6 hours if needed. Take 400 to 600 mgs of Ibuprofen (Advil, Motrin) at ____, ____, ____, then 3 times a day for the next 2 days (this will decrease swelling and narcotic usage). Take with food to minimize nausea. Please note that narcotics affect judgment: do not drink alcohol or drive.

1 hour 

As Needed

Bite on gauze for 4-6 hours

2) Managing Bleeding

Maintain steady, gentle biting pressure on gauze, for 4 to 6 hours is often necessary. Replace it with clean gauze after taking medication, eating or drinking. Minor bleeding may continue for several days, this is normal. Keep your head elevated while sleeping the day of surgery. Cover your pillow with a washable towel in case of bleeding while you sleep.

3) Managing Swelling

Ice packs ASAP the day of surgery

You will experience pain and swelling after your oral surgery, it does not peak for 2 to 4 days. Apply an ice pack (frozen peas, etc.) to the affected area following surgery, cycling 20 minutes on and 10 minutes off. This will help ease discomfort and decrease swelling. The day after surgery you may use warm compresses to decrease swelling and relax muscle stiffness. (This may be alternated with ice.)

4) Healing

No Smoking

Please do not smoke, blow your nose, vigorously; rinse, brush or chew during the first 24 hours (this ensures the clotting process will not be disturbed). It is important that you drink plenty of fluids. You may want softer foods for the first several days due to swelling and pain. Advance your diet as tolerated.

5) Rinsing

Rinse with salt water the day after surgery

The day after surgery start rinsing your mouth with warm salt water ($\frac{1}{2}$ teaspoon of salt in a glass of warm water) three times per day, continue for 5 days. Rinsing after meals reduces the chance of food becoming lodged in the surgical site. Gentle rinsing often dislodges the food. Contact us for an irrigating syringe if food impaction persists. Brush your teeth as usual, using caution in the surgical area.

Call if you have any questions: 681-0900

457-9470

6) Follow-up

A post operative appointment will be scheduled if needed. Should you experience prolonged pain, bleeding, a reaction to the prescribed medication, a fever (a slight immediate post-surgery temperature is expected) or unexpected swelling, please call me.

OLYMPIC PENINSULA ORAL SURGERY & IMPLANTS

550 N. 5th Avenue, Sequim, WA 98382 (360)681-0900 Fax: (360) 681-0875

902 E. 8th Street, Port Angeles, WA 98362 (360)457-9470 Fax: (360) 457-6966