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ORAL & MAXILLOFACIAL SURGERY

Diplomate - American Board of Oral and Maxillofacial Surgery
Diplomate - National Dental Board of Anesthesiology

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Post Operative Instructions for Patients Undergoing Socket Augmentation

Your first follow-up appointment has been scheduled on:

Day: M Tu W Th F Date: _____ Time: _____ : _____ a.m. p.m.

We are committed to providing the same quality of care following procedures that began during your initial visit. If you are experiencing problems that do not seem normal, or if you have any questions please call the office (505) 338-9833 for assistance. After office hours, call (505) 857-3715 and the answering service will contact the doctor.

After office hours, we make every attempt to respond as promptly as possible. Occasionally, your messages do not reach us or we are unable to immediately respond to the call. If you do not hear from the doctor on call within one-half hour, please call back and ask the service to contact the doctor again.

Immediate Post Op/First Day/Overview:

- **Numbness:** Your jaw, cheek, tongue & lip may be numb for up to twelve hours after surgery. Therefore use caution to avoid biting the numb tissues.
- **Bleeding:** You will likely leave the office with gauze in your mouth. Remove the gauze after 30 minutes; replace with fresh gauze every 30 minutes for 2 to 3 hours. After the initial bleeding is under control (only slight oozing of blood from the surgical site) you may drink cool liquids and advance to warm liquids within 6 hours. If bleeding persists beyond 3 hours place a cool moist non-herbal tea bag at site for 60 Minutes.
- **Medication:** Prior to the first sign of pain or discomfort, just as the numbness is wearing off, take the Motrin as prescribed. If you cannot take aspirin products, then take one to two Tylenol (325mg of 500mg). If the Motrin or Tylenol is not strong enough for the pain you are having, you may take the prescribed narcotic pain medicine as directed, if one was prescribed, otherwise call the office for an analgesic prescription. Any pain medication can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them. If you wait for the pain to become unbearable before using the pain medication the pain will be more difficult to control.
- **Disturbing the area of surgery:** The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing, excessive spitting, or aggressive rinsing to avoid delayed healing, bleeding or infection. You may brush your teeth, the first day, except at the surgical site.
- **DO NOT DRIVE AN AUTOMOBILE OR ATTEMPT ANY HAZARDOUS TASKS** for 24 hours following surgery if you have had intravenous sedation, or if you are taking prescription pain medication.

- **Regular medications:** do not stop taking required medication prescribed by your physician (for diabetes, high blood pressure, etc) unless directed to do otherwise.
- **Stitches:** (also known as sutures) are usually placed to control bleeding , aid healing and tissue positioning. The sutures we use for your graft surgery **typically do not dissolve.**
- **AVOID SMOKING COMPLETELY.** Smoking will slow the healing process and may also contribute to failure of the graft (consolidation). Do not place gauze over the surgical site and smoke, this will only concentrate substances hazardous to healing and worsen the problem.
- **Avoid strenuous activity or aerobic exercise for 3 days following surgery.**

Instructions

Bleeding

- **Bleeding:** Expect minor bleeding or **OOZING** from the surgical site. This oozing may continue for up to two days after surgery. For the first 30 minutes, keep firm pressure on the area of surgery by continuously biting on the gauze sponge placed in your mouth. If bleeding persists, continue pressure on a fresh sponge for additional 30 minutes increments up to 2-3 hours. Biting on a moist tea bag (non herbal tea), may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting. If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge or black tea bag to the bleeding site. This may need to be repeated several times at 30-60 minute intervals until the bleeding is under control. Should active bleeding persist, please call the office. Moisten the tea bag with cold water and wring it out prior to placement. Stack 2 gauzes flat and fold in half twice to prepare the gauze.
- **Bruising** marks may appear on the skin of the face during the first few days after surgery. Moist heat application will help relieve this condition. Apply the moist heat only after 48 hours following surgery.

Swelling

- Rest and sleep with your head slightly elevated, above the level of your chest, for at least one day after surgery to help reduce swelling, but you may rest elevated for a few days.
- Swelling related to the surgical procedure may occur during the first 24-72 hours, often increasing on the second day. It should begin to subside on the fourth day. Swelling can be minimized a great deal by placing an ice pack on the side of your face for 30 minutes every 2-3 hours during the first 24 to 48 hours following the surgery until bedtime. Anti-inflammatory medications, such as Motrin or Advil, also help decrease swelling.
- Any swelling, soreness, or stiffness remaining after 48 hours in the jaw muscles can be relieved by applying a warm moist towel to the affected side of the face in the same manner as you used the ice previously. Moist heat should only be used after the first 48 hours and may be continued for several days after the surgery. If the swelling, tenderness, or pain should increase after the first few days, call the office.

Diet

- **Fluid intake:** It is important to aggressively drink plenty of fluids to avoid dehydration.

- **Good nutrition** must be maintained following oral surgery even if mouth soreness and jaw stiffness are present.
- **Food selection** is largely a matter of your choice, we suggest the following:
 - **First day:** - Drink liquids. Start with cool or room temperature liquids for the first few hours then advance to a temperature of your choice.
 - **Days: 2 to 5** - Soft, cool or warm foods that require little or no chewing are most easily tolerated at this time. A nutritious diet is necessary to promote healing and a speedy recovery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications.
- **Suggested food choices first 24 hours:**
 - **LIQUID DIET:** Limited to the following:

Black coffee	Cranberry Juice
Black tea	Gatorade
Jell-O	Kool-aide
Apple juice	Ginger Ale
Bouillon	Popsicles
Water	Ice cream or sherbert - all flavors
Milk	Smooth Mashed Potatoes
Milk shakes - all flavors	Creamed soups (no large chunks)
Cooked cereal with milk or cream	Yogurt
Pudding - all flavors	Blenderized foods
Applesauce	Juices
Protien drinks	Scrambled Eggs
 - **SOFT DIET:** All of the above plus the following: (Days 2-5)

Meatloaf	Stews
Pasta dishes; like macaroni and cheese	Soft cooked egg dishes (casseroles or omelets)
Soft fruit - bananas, berries, canned fruit	Soft cooked meats (Fish, pulled chicken or pork)
Tofu or hummus	Soft cooked vegetables (canned or steamed)
 - **Advance to a regular diet as tolerated after the 5th day.**

Mouth Care

- On the morning after your surgery, rinse your mouth carefully with a solution made by adding ¼ to ½ teaspoon of salt to a 8 to 10 oz glass of warm water. Repeat 3 to 4 times a day for 1 week.
- Avoid disturbing the surgical site with your tongue, aggressive tooth brushing or vigorous rinsing. Resume brushing any remaining teeth and continue your regular oral hygiene as soon as possible. Gently brush the teeth adjacent to the graft sites after 24 hours. Avoid water pick use for one week.

Specific Instructions following socket augmentation:

- Do not use topical oral medications.
- Your old dentures or flipper partials may not be worn until adjustments have been made (relining). Wearing of dentures prior to the adjustment will interfere with graft consolidation.

- Avoid chewing hard foods on the graft sites. Chewing forces during the healing phase can decrease the body's ability to heal the graft.

Medication Instructions:

- **Antibiotic:** Take the antibiotic, as prescribed, with food. It is important to take the antibiotics until all of the pills are gone. Failure to do so may increase the chance of infection.
- Yogurt with active cultures or acidophilus, or probiotics should be taken while on antibiotics to help prevent diarrhea and intestinal discomfort.
 - Antibiotics can sometimes render birth control pills ineffective!! Please use a substitute method of contraception for the remainder of your current menstrual cycle.
- **Pain medication:**
 - Take **Ibuprofen (Motrin)** 600mg 4-5 times a day to manage moderate pain.
 - The Ibuprofen should not make you sleepy, drowsy or disturb your hand eye coordination therefore it can be taken while driving, working or at school, etc.
 - Do not take more than 3200mg in a 24 hour period.
 - **Hydrocodone** can be taken with the other medications.
 - Hydrocodone will make you sleepy and drowsy for at least 6 hours after taken. Therefore, do not operate a vehicle, or work while under the influence of this medication.
 - Hydrocodone will occasionally cause nausea and vomiting. The incidence of nausea is reduced if the medication is taken with food. Dairy products aggravate nausea.
 - If the nausea persists, discontinue the Hydrocodone and rely on the Ibuprofen for pain control. If you are still uncomfortable while taking the Ibuprofen and/or have persistent nausea please call the office at 338-9833. If it is after hours please follow the voice mail instructions.

Please do not drink alcoholic beverages while taking narcotic pain medication.

- Faithful compliance with these instructions will add to your comfort and hasten your recovery. Be sure to follow these instructions carefully. This will help you avoid the complications, which lead to unnecessary discomfort and delayed recovery. Should any undue reaction or complications arise, notify the office immediately.