



COLORADO SPRINGS
ORAL & FACIAL SURGERY

Colorado Springs Oral Surgery, PC

719-597-4060 CSoralsurgery.com

PRE-OPERATIVE INSTRUCTIONS

- *Know your medical history; illnesses, conditions, medications, complications with previous surgeries, allergies
 - *NO FOOD OR DRINK WITHIN 8 HOURS OF SURGERY. Necessary medications may be taken with a sip of water
 - *Wear a short sleeved t-shirt or one that allows the sleeves to easily be rolled up. Do NOT bring contact lenses.
 - *Bring a responsible adult to: stay during the surgery, drive you home and remain with you during recovery
 - * Do not drive or operate hazardous machinery on the day of your procedure; do not participate in any activities requiring physical/mental alertness. *Parent/Guardian must be present for minors (under 18)
-

POST-OPERATIVE INSTRUCTIONS

BLEEDING: It is completely normal to bleed for most of the first day. The gauze placed in your mouth should be changed every hour (or longer if not filling up with blood quickly) over the areas where your teeth were removed, until the bleeding has completely stopped. Usually several hours of gauze application are needed. It is quite normal to notice occasional bleeding or blood-tinged saliva many days after the surgery. If bleeding persists, don't spit the blood out, but continue changing the gauze and keeping pressure on the wounds. Clotting can be improved by dipping the gauze in ice water or biting on a tea bag. Keep your head elevated. To prevent persistent bleeding during the first 24 hours, avoid drinking through a straw, spitting, rinsing vigorously, or having hot foods or liquids. Remove the gauze to eat, drink and sleep.

DISCOMFORT: Pain from dental extractions, especially wisdom teeth can be quite severe. This is normal and usually takes about 2 weeks to resolve. Pain and swelling are commonly worst 2-3 days after surgery. Patients who smoke or clench/grind their teeth, will likely have increased pain. Adults should take 600 mg of ibuprofen (Advil) every 6 hours. For pain not controlled by the Ibuprofen, take the narcotic as directed. Worsening pain that radiates into the sides of the face and head is often due to spasm of the jaw muscles, especially for patients who clench or grind their teeth, and is often worst when awakening in the mornings. Treat muscle pain by applying moist heat for 10 minutes followed by massaging the areas for 10 minutes several times a day.

DIET, ORAL HYGIENE: For the first 3-4 days, we recommend a liquid/pureed-type diet (mashed potatoes, yogurt, smoothies, apple sauce, Jell-O, etc). Take in plenty of fluids to avoid dehydration. Do not rinse vigorously. After 3-4 days, you may eat whatever your comfort permits, but soft foods are a good idea for up to a week. After 3 days, you may GENTLY rinse with salt water. If you were given an irrigating syringe, you may irrigate the sockets after meals. It is normal to have a foul odor/taste from a tooth socket for about 3 weeks after the procedure. You may brush your teeth normally but stay about a tooth away from the areas where your teeth have been removed. If you have a new denture/flipper, it is a good idea to leave it in your mouth during the first night. You should take it out the second day to clean it, and then you may reapply it if you desire.

THANK YOU for giving us the opportunity to treat you. We wish you all the best in your recovery. Call our office immediately at (719) 597-4060 if you notice severe bleeding, difficult breathing, inability to swallow, persistent vomiting or any other problem. If we cannot be reached quickly, call 911 if you feel there is an emergency.

POST-OPERATIVE INSTRUCTIONS continued

FEVER, SWELLING, BRUISING AND SUTURES: It is normal for the temperature in your mouth to rise after surgery; this is due to the healing process. A low-grade fever (up to 101° F) sometimes occurs for a few days after surgery. Swelling in the face usually peaks 2-4 days after the surgery, and then resolves over the next few days. Placing ice over the surgery site helps, but ice should only be used on the first two days. Occasionally bruising may occur on the face/neck. This will resolve on its own. The sutures will dissolve, usually 5-10 days after the surgery.

NAUSEA: Nausea can be a side effect from the sedation medicine, prescription narcotics, dehydration, or from swallowing some blood. Nausea usually fades away without treatment, but persistent nausea can be treated with non-prescription travel sickness medication (Dramamine or Bonine). If your pain is mild, discontinue the prescription narcotic (the most likely cause) and use only a non-narcotic medication such as Advil, Motrin, or Aleve. If your nausea is severe enough to prevent you from holding anything down, then a prescription suppository is available.

DO: Take Advil, 600 mg four times a day for 3-5 days.
Take narcotic medicine with some food or drink.
Change gauze every 30 to 45 minutes until bleeding stops.
Keep your head elevated the first day.
Drink plenty of fluids to keep well hydrated.

DON'T: Smoke during your recuperation.
Drink thick fluids through a straw for 24 hours.
Spit out blood; apply the gauze instead.
Engage in heavy exercise for 5 days.
Brush teeth or irrigate wounds the first day.

Thank you for the opportunity to treat you. We wish you all the best in your recovery. Call our office immediately if you notice severe bleeding, difficulty breathing, inability to swallow, persistent vomiting or any other problem. If we cannot be reached quickly, call 911 if you feel there is an emergency.

Would you like to let others know about your experience?

Simply go to your Google browser and type: Colorado Springs Oral Surgery

Find our site next to the map. It should look like this

Colorado Springs Oral Surgery
4.9 ★★★★★ (100) Oral Surgeon
3100 Academy Blvd N #213 · (719) 597-4060

Click on the stars, as shown here. On the next page, click "WRITE A REVIEW," then let others know about your experience.

If you don't have a google or gmail account, you can still let others know about your experience through YELP, Facebook, and Healthgrades.com. If for any reason you are dissatisfied with any aspect of your treatment, please call and request to speak with the doctors directly.

****SINUS PRECAUTIONS****

Because of the close relationship between the upper teeth and the sinus, an opening between the sinus and mouth can result from surgery. It usually takes 3-4 weeks to heal. Certain precautions will assist with healing and closure of the sinus. Please follow these instructions:

- NO SMOKING for 3 weeks; Do not spit, swish, rinse mouth for 10 days
- No straws (forceful suction may cause the blood clot to come out of the socket)
- Do not blow your nose or perform a sinus rinse for 3 weeks; you may wipe your nose with a tissue
- If sneezing, turn away from others and sneeze from your mouth. Do NOT plug your nose or cover your mouth
- Eat only soft foods for the next 2 weeks; chew food away from the sinus injury
- Take prescriptions as written; you may purchase Sudafed over the counter to reduce nasal congestion
- It is normal to bleed from your nose for a few days following surgeries which involve the sinus
- Please keep us informed if your sinus condition worsens (pain, discharge) and return for follow up appointments