

POSTOPERATIVE INSTRUCTIONS

Proper care following your surgery will hasten recovery and help prevent complications. Please follow these instructions as they are intended to help you have a successful surgery. Your welfare is of concern to us during and after your surgery. Please call the office @ 248-363-5900 if you have questions or concerns.

Dr. Thompson can be reached directly by text or phone @ 248-786-9323

IMMEDIATELY AFTER SURGERY

1. Bite on gauze pack with steady pressure for at least 30 minutes then remove. If bleeding persists in large amounts, continue biting on a moistened gauze pack for an additional 30 minutes. **DO NOT** allow patients to sleep with gauze in their mouth.
2. Use an ice pack to help reduce swelling. Do this for the first 6-12 hours following surgery.
3. Rest, drink plenty of fluids, and eat soft foods for the next 3 days. Avoid acidic foods and liquids, alcohol, and extremely hot fluids. Refrain from eating sharp foods (chips, popcorn, nuts, seeds, etc.)
4. **DO NOT** smoke, spit, drink with a straw, or rinse your mouth vigorously – these actions will disrupt the clotting process.
5. Take pain medications and antibiotics as directed. Do not take these on an empty stomach, as they may cause an upset stomach.

THE DAY FOLLOWING SURGERY

1. Gently rinse your mouth with the prescribed mouth rinse (if given) or warm salt water. Use ½ teaspoon salt per 8oz of warm water.
2. Resume brushing your teeth. Be careful not to brush directly over the extraction sites.

WHAT TO EXPECT

1. Varying degrees of discomfort, swelling, bleeding, jaw stiffness, and facial bruising/discoloration may occur. These are all normal side-effects following oral surgery.
2. Jaw numbness may occur for 6-24 hours after the surgery. This is also normal and is due to long acting local anesthetic.

PAIN: Take pain medications as prescribed. Plain Tylenol (Acetaminophen) or Motrin (Ibuprofen) may be used if pain is minimal. If you are experiencing extreme discomfort, please contact Dr. Thompson so that he may assist you.

SWELLING: Ice packs will help minimize swelling if used immediately after surgery. Swelling may be greatest 2-3 days following your surgery, alternating between moist heat and cold packs may help ease discomfort.

BLEEDING: Minor oozing may be expected for 2-3 days. To control heavy bleeding, place a moist gauze pack or tea bag over the extraction site. Keep in place for 30 minutes.

JAW STIFFNESS: This is common and may last up to 14 day with gradual improvement. Warm towels or a heating pad will aid in recovery.