



SAN BENITO ORAL and MAXILLOFACIAL SURGERY

A DENTAL PRACTICE

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INFORMATION CONCERNING ORAL SURGERY PROCEDURES

The removal of impacted wisdom teeth and other surgical procedures may be quite involved and difficult. The following conditions may occur, all of which are considered normal.

- ___ The area operated on will usually swell and the swollen area may become quite large.
- ___ Stiffness of the muscles may cause difficulty in opening the mouth.
- ___ You may have a slight earache.
- ___ A sore throat may develop.
- ___ Numbness about the corner of the mouth on the side from which the tooth was removed may develop. This is called “paresthesia” and is most often a temporary condition which will usually correct itself.
- ___ Your other teeth may ache temporarily. This is called sympathetic pain and is a temporary condition.
- ___ If the corners of your mouth are stretched, they may crack. Your lips should be kept moist with a cream ointment such as Vaseline or lip balm.
- ___ There will be a cavity where the tooth was removed. This area should be rinsed following meals with warm salt water or mouthwash. This space will gradually fill in with new tissue in the next months.
- ___ Black and blue discoloration may occur on the outside of the face near the area of surgery. This occurrence is not unusual and will resolve within several days.
- ___ There may be slight elevation of temperature for 24 to 48 hours. If temperature continues, notify our office.
- ___ Sutures (stitches) may be used to close the surgical wound. If necessary, they will be removed at a subsequent office visit.

POSTOPERATIVE INSTRUCTIONS

Care of the mouth after surgery has an important effect on healing and please read these instructions carefully. Sometimes the after-effects of oral surgery are quite minimal, so not all of these instructions may apply. However, when in doubt, follow these guidelines or call our office, (831) 636-9808, any time for clarification.

BLEEDING CONTROL:

Remove the gauze pack upon arriving home. Intermittent bleeding or oozing is normal and to be expected. It may be controlled by placing fresh gauze over the surgical areas and biting down firmly with constant pressure for 30-60 minutes. Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning fresh gauze packs. If bleeding persists or becomes heavy you may **substitute a tea bag** (soaked in hot water, squeezed damp-dry and wrapped in moist gauze) for 20-30 minutes. If bleeding remains uncontrolled, please contact our office.

THE FIRST HOUR AFTER SURGERY:

Bite down gently but firmly on the gauze packs that have been placed over the surgical areas. Do not change them for the first hour unless the bleeding is not controlled. The gauze may be changed and dampened. Please get your prescriptions filled and take the medication as indicated.

PAIN:

Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for medication, and if you take the first pill before the anesthetic has worn off, you will be able to manage any discomfort better. Effects of pain medicines vary widely among individuals. **If you do not achieve adequate relief**, you may supplement each pill with an analgesic such as Aspirin, Advil, Motrin, or Tylenol.

SWELLING:

Often, there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical site. This should be applied 20 minutes on and 20 minutes off during the first 12-24 hours after surgery. After 24 hours, it is usually best to switch from ice to moist heat to the same area.

NAUSEA:

Nausea is not an uncommon event after surgery, and it is sometimes caused by stronger pain medicines. Nausea may be reduced by preceding each pill with a **small** amount of soft food, then taking the pill with a large volume of water. Try to keep taking clear fluids and minimize the pain medication, but call us if you do not feel better or if repeated vomiting is a problem. Cola drinks that have less carbonation may help with nausea.

DIET:

A liquid diet is wise the day of surgery, and then soft food for another 2 days. Increase your fluid intake. Resume your normal diet as soon as possible.

ORAL HYGIENE:

The day following surgery, the mouth may be rinsed gently with warm salt water solution (1/2 teaspoon of salt in a large glass of warm water), after each meal and at bedtime. The teeth should be brushed and flossed, but avoid the site of surgery for the first two days. **DO NOT SMOKE** for at least 48 hours, since it is very detrimental to healing.

IF ANY PROBLEMS OCCUR, CONTACT OUR OFFICE – (831) 636-9808

YOUR NEXT APPOINTMENT IS: _____