

ROUND ROCK ORAL SURGERY

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Post-Operation Instructions for Patients

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY. The after-effects of oral surgery vary per individual, so not all of these instructions may apply. Please feel free to call our office any time should you have any questions or are experiencing any unusual symptoms following your treatment.

The First 24 Hours - Do's and Don'ts

IMMEDIATELY AFTER SURGERY: Patients who receive an intravenous (IV) or intramuscular (IM) anesthetic should have their responsible adult pick up all medications, then return home and lie down with their head elevated until all the effects of the anesthesia have disappeared. Anesthetic effects vary by individual and you may feel drowsy for a short period of time or for several hours.

You may be able to manage any discomfort better if you take all medications, as prescribed, before anesthesia has worn off.

DO:

Maintain gauze over affected area for 1 hour. Gauze may be removed thereafter.

Replace gauze if bleeding persists after returning home or begins later in the day.

Use a moist tea bag if bleeding is not controlled by gauze.

Eat **only** soft and cold foods today, such as ice cream, yogurt, Jell-o, pudding, tuna fish, creamy peanut butter etc.

Eat substantial amounts of food before taking medications to avoid nausea.

Take all medications as prescribed. If you have questions, please call the office.

Put ice on face to help prevent swelling for the day of surgery only.

DO NOT:

Do not drive or operate machinery for 24 hours (surgeries using IV anesthesia).

Do not smoke for 7 days.

Do not spit. If necessary, **wipe** your mouth out with a tissue or washrag.

Do not swish. If you choose to rinse your mouth, lean over and let water fall out.

Do not use straws. Use a spoon to eat malts and/or shakes. Drink from glass only.

Do not eat sharp, hard foods such as nuts, popcorn, sunflower seeds for 7-14 days.

Do not poke the surgical site with fingers or tongue.

Do not try to remove food that may be trapped in sockets.

Do not put heat on your face until tomorrow night.

Do not eat warm or hot foods until tomorrow.

BLEEDING: A moist tea bag may be used if bleeding persists or becomes heavy. Soak tea bag in water, squeeze out excess moisture, place on surgical site and bite down for 20-30 minutes. It is normal for patients to have intermittent bleeding or oozing overnight. If at any time you feel that the bleeding is severe, do not hesitate to call our office for further assistance.

(OVER FOR MORE INSTRUCTIONS)

The Days Following Surgery - Do's and Don'ts

DO:

Eat substantial amounts of food before taking any medications to prevent nausea.

Continue eating soft foods.

Continue taking medications as prescribed.

Begin rinsing mouth with prescription mouthwash.

Begin brushing teeth.

On 2nd day, apply moist heat to face in the evening, then daily until fully healed.

DO NOT:

Do not try to remove food that may be trapped in sockets.

Do not smoke for 7 days.

Do not eat sharp or hard foods such as nuts, popcorn, sunflower seeds for 7-14 days.

Do not poke the surgical site with fingers or tongue.

Do not put ice on face after the day of surgery.

Dry Sockets:

A blood clot forms in the base of the surgical site once the tooth is removed. Over the next few days, this blood clot should change into gum tissue, covering the bottom of the site, eventually filling the hole. If the blood clot is lost and/or bone is exposed and this is known as a dry socket. Most medications will not fully relieve the discomfort from a dry socket. If you feel you may have a dry socket, call our office immediately for assistance.

PAIN: If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call for a refill during weekday business hours.

It is our desire that your recovery be as smooth and pleasant as possible. If you have any questions about your progress or any symptoms you are experiencing, please call our office at 512-255-5800. ***After office hours, you may call our 24-hour answering service at 512-458-1121 and the doctor will contact you as soon as possible.***