

Charlotte Oral Surgery: Post-Op Instructions

Phone: 704-358-8898

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Bleeding: Is expected! Typically, this may last for 24-48 hours. It is normal for saliva to be slightly streaked with blood for 1-2 days. Keep gauze pack in place with firm pressure for 30-45 minutes (or longer if needed). **DO NOT CHEW ON PACKS!** If you are still bleeding, repeat with new gauze pack for another 30-45 minutes for several attempts. If you run out of gauze, and are still bleeding heavily, take a plain tea bag, lightly moisten with water, place over extraction site, and bite down with firm pressure for 30-45 minutes. Repeat as needed. If bleeding is still of concern, don't hesitate to call the office.

Numbness: When you leave the office you will still be numb (in some, but not all patients, we will give a long-lasting numbing medicine in order to provide you with a longer interval of pain relief). If the longer-lasting numbing medicine has been given, then the numbness will last between 6-12 hours (give or take a few). If it lasts longer don't be alarmed.

Swelling and Stiffness: This is normal following surgery and will usually develop during the first 24-48 hours (but may worsen over the first 3-4 days); **do not be alarmed**. Placing an ice pack around your head for this 3-4 day time frame (where the ice will be on the side of your cheeks next to the surgical site) for 20 minutes on and 20 minutes off (or as tolerated) will help minimize swelling. Ice packs are refreezable. You may use warm heat on the 5th day after surgery to help with stiffness. If swelling increases stop hot packs and call the office.

Pain: Following surgery it is normal to experience some discomfort. If you take the Motrin before the numbness wears off, most people will be able to manage the discomfort. Take all medications, including **Motrin 600mg**, with a milk shake (no straw), or on a full stomach. You can use the "**Sock-It**" gel at any time, by squirting a small amount in the extraction site(s). This gel will help with discomfort at the site of the surgery, and may diminish your need for the narcotic. If you need something stronger after 3-4 hrs after taking Motrin, you can take the pain medicine (or narcotic) **Norco** (do not drive, or do any potentially dangerous activity, while taking this medication). Always eat prior to taking all medications, and start with ¼ to ½ tabs (of the Norco) to see how you handle this medicine (you may need to purchase a pill-splitter from your pharmacy). On the 1st day after surgery, you can begin to use **Chlorhexidine Mouth Rinse**. Lightly swish and let it fall from of your mouth. No spitting. Use only for a week.

Diet: Liquid or soft diet is advisable during the first 24-48 hours. Foods such as... milkshakes, applesauce, eggs, soft pasta, yogurt, jello etc... Try to stay away from chips, beans, rice, popcorn, and spicy foods. These may cause some discomfort. While numb, eat only foods which will not burn (hot foods eaten while numb may burn the lips or tongue).

Brushing: Do not brush the day of surgery. The next day, you can gently start brushing your teeth- but stay away from the surgical site(s).

Rest quietly and keep head elevated. Avoid exercising for at least a week. **NO sucking through a straw or spitting, and absolutely no smoking for at least 2-3 weeks.** A responsible adult is required to stay with patient for 12-24 hours immediately following sedation surgery.

It is our office policy that NO prescriptions drugs or refills will be phoned in after office hours or on the weekend.
Office hours are 7:30 am - 3:30 pm Monday-Thursday and 7:30 am- 11:30 am on Friday.

Calls received after office hours will be returned using a phone that has a BLOCKED number, therefore, if you have a blocking mechanism installed on your phone (which prevents receiving calls whose phone numbers are blocked) we will NOT be able to contact you after office hours. Please remove or temporarily shut off this blocking mechanism if you have a need to page the doctor on-call after office hours.