

POST-OPERATIVE INSTRUCTIONS



ELITE ORAL SURGERY
OF
WELLINGTON

Post-Operative Instructions for Oral Surgery

Thank you for choosing our practice for your oral surgery. Please follow these instructions carefully to ensure a smooth recovery. Contact our office at **561-790-0206** or Dr. London's emergency line at **561-200-1616** for any questions or concerns.

If You Were Sedated for Surgery

Sedation medications may remain in your body for up to 24 hours, potentially causing drowsiness, a "hung-over" feeling, or difficulty focusing. **For at least 24 hours after sedation, do not:**

- Drive a car, operate machinery, or use power tools.
- Consume alcoholic beverages.
- Make important decisions or sign legal documents.

Diet After Sedation:

- Start with clear liquids 1 hour after surgery.
- If liquids are tolerated, progress to pureed or soft foods after 2 hours.

Smoking: Do not smoke for at least 2 weeks after surgery. Smoking increases the risk of:

- Post-operative infections, which may require additional surgery, hospitalization, or IV antibiotics.
- Delayed wound healing.
- Alveolar osteitis ("dry socket"), a painful complication after tooth extraction.
- Severe lip burns due to numbness from local anesthesia.

Bleeding

- **Apply pressure** to the surgical site by biting firmly on gauze for 30–60 minutes. Replace gauze as needed if bleeding/oozing persists, .
- If at home, a moist tea bag can be used instead of gauze to help control bleeding.
- Slight oozing or bleeding may occur for 1–2 days post-surgery.
- **For excessive bleeding:**
 1. Gently rinse your mouth with clean water to remove blood/blood clots.
 2. Place a tightly folded piece of gauze directly over the surgical site (not just between teeth).
 3. Bite down with firm pressure for 30–60 minutes.
 4. Repeat as needed.
 5. If bleeding remains uncontrolled, with pooling of blood in the mouth, contact our emergency line or go directly to your nearest emergency department (Delray Medical Center, Boca Raton Regional Hospital, Wellington Regional Hospital or equivalent emergency room).

Pain Management

- If a long-acting anesthetic was used to reduce pain for up to 6 hours (or 2-3 days if Exparel was used). Expect some discomfort once it wears off.
- **Prescription Pain Medication:**
 - Take as prescribed. Narcotics may cause drowsiness; do not drive, operate machinery, or consume alcohol while taking them.
 - Take with food to reduce stomach upset.
 - Narcotics may cause constipation. Stay hydrated and contact our office if symptoms persist.
- **Over-the-Counter Options:**
 - Use Tylenol (acetaminophen) or ibuprofen if pain is manageable without narcotics.
 - **If prescribed both Tylenol and ibuprofen, take them together every 6 hours for 2 days, then as needed. Ensure you have no contraindications to these medications.**
- Use prescription narcotics only if Tylenol and/or ibuprofen are insufficient.

Nausea

- Swallowed blood or pain medications may cause nausea. Minimize pain medication use and continue sipping clear fluids.
- If nausea or vomiting becomes severe, contact our office or emergency line.



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Swelling

- Apply ice packs to the outside of your face for 24–48 hours post-surgery in a cycle of **20-30 minutes on, 20-30 minutes off**.
- Rest/sleep with your head elevated on at least 2 pillows, or at 30-45 degrees.
- Swelling typically peaks at 3–4 days and then decreases/begins to reverse. If swelling worsens after day 3 or is excessive, contact our office.

Difficulty swallowing or Breathing

- Go directly to your nearest emergency department, and call our emergency number above.

Fever

- A slight fever (up to 100.4°F or 38°C) is normal for 24–48 hours post-surgery.
- If your fever exceeds 101°F (38.3°C) or persists beyond 48 hours, contact our office immediately. Infectious fevers do not commonly occur earlier than 5-7 days post operatively.

Oral Hygiene

- Maintain good oral hygiene by brushing your teeth, taking care to avoid the surgical site(s).
- **Avoid vigorous rinsing or spitting** for the first 24 hours to protect the blood clot.
- **MOUTH RINSE: Starting the day after surgery:**
 - **Gently rinse with prescription 0.12% chlorhexidine mouthwash (if provided) or warm salt water (1/4 tsp salt in a glass of warm water) 3 times daily for 1 week.**
 - **Let the rinse gently flow out of your mouth without forceful spitting.**

Sutures

- Dissolvable sutures typically break down within 7–14 days.
- Non-dissolvable sutures or those requiring longer retention will be removed by your surgeon at a follow-up visit.

Diet

- Follow a **soft diet** for at least 10–14 days.
- Avoid small foods (e.g., rice, grains, granola) or crunchy foods (e.g., chips, toast) that could lodge in or irritate surgical sites.
- Do not use a straw for 48 hours, as this may dislodge the blood clot.
- Avoid hot foods until sensation returns to prevent burns.
- **For Diabetic Patients:** Maintain your regular eating habits and monitor blood sugar levels as usual.

Exercise

- Avoid strenuous activity, heavy lifting or exercise for 5–7 days or until you feel ready.
- Physical exertion may increase blood pressure, leading to increased bleeding or swelling.

Bone Graft Sites

- Avoid chewing or applying pressure to the surgical site.
- Do not wear a removable prosthesis (denture) unless approved by your surgeon.

Emergencies → Call 911 or go to the nearest emergency room immediately if you experience:

- Excessive bleeding (pooling of blood in the mouth).
- Difficulty swallowing or breathing.

For non-emergency concerns, contact our office at **561-790-0206** or Dr. London's emergency line at **561-200-1616**. We are available 24/7 for emergencies.

Feedback

We value your feedback! If you had a positive experience, please leave a review on Google, Facebook, or our website at **EOSWELLINGTON.COM**.