

Parkside Oral Surgery and Implant Center

SO, YOU HAVE HAD ORAL SURGERY, WHAT TO DO NOW?

Pain?

- Pain is expected after your surgery. It may increase over the first 24 to 48 hours. If you have pain, take the pain medicine that you have been prescribed. Follow the instructions on the bottle(s).
- You can take both Ibuprofen and narcotics such as Norco at the same time. You should avoid driving or similar tasks while taking narcotics, as the medication may make you drowsy.
- If you have been told to use over the counter Ibuprofen (NSAID), you should take 400mg to 600mg every 6 hours as needed for pain.

Antibiotics?

- Not all patients are prescribed antibiotics.
- If you were given antibiotics, take them until all gone or as prescribed.

When/What can I eat?

- You should eat with care the first few hours after surgery.
- Start with a liquid or soft diet and then eat to your comfort level after that.
- Do not eat with gauze in your mouth.
- Do not use a straw, smoke or spit for a week after surgery.

Bleeding?

- Bleeding is normal for several hours after surgery. It will stop if you keep constant pressure with gauze placed over the surgical site.
- You should bite down on the gauze for 20 minutes before removing it. Avoid changing the gauze too frequently as this will increase bleeding.
- If heavy bleeding persists after 4 changes of gauze, use the tea bags to bite down, following the instructions attached to the tea bags.

Stitches?

- Not every surgical site will need stitches.
- Most stitches are self-dissolving and will come out by themselves, usually within a week after the surgery.
- If stitches come out early, it's nothing to worry about.
- You will be told if your stitches require removal.

How do I take care of the area?

- You can resume gentle brushing and flossing starting the day after the surgery.
- If Peridex is prescribed, start using the day after the surgery. You should rinse after meals and before bedtime for a week after surgery.
- For implant and/or bone graft patients, please use a cotton swab and apply Peridex over the surgical site, instead of rinsing.
- If you have been given a monojet syringe, please start using it 3 days after the surgery.
- Instead, you can also choose to use a gentle warm salt water rinse the day after surgery ($\frac{1}{2}$ tsp salt to cup of water).

Gentle reminders -

- If you were sedated for the procedure, it is normal to be drowsy for 24 hours after surgery.
- A slight fever is normal for 24 to 48 hours after surgery. Please call the office if your fever is higher than 101.5°F.
- Do not use a straw, smoke or spit for a week after surgery.
- Do not eat/sleep with gauze in your mouth.
- If you have had a sinus lift procedure, avoid sneezing and blowing your nose.

Who do I call if I still need help?

510-865-1114

Please call Monday – Thursday from 8:30 a.m. to 5:00 p.m. & Friday from 8:30 a.m. to 3:00 p.m. if you have any questions or problems.

After hours and on weekends, call the office number above to be directed to the on-call Oral Surgeon.