



POST-OP INSTRUCTIONS FOR PATIENTS HAVING SEDATION OR GENERAL ANESTHESIA

Go directly home and rest for the next 24-48 hours. Reduced activity is very important after surgery. Please discuss any questions you have regarding your activity level with Dr. May.

Diet

- Cooler, softer food today while numb. Typically patients are numb for 1-2 hours after surgery. Example: Ice cream, jell-o, yogurt, pudding, applesauce, etc. Luke warm food is okay today; just make sure it is not too hot. Example: Soup, pasta, casseroles, mashed potatoes, scrambled eggs.
- You can advance your diet as tolerated.

Hygiene

TODAY

- ❖ No rinsing, spitting, or brushing today.
- ❖ No suction for 48 hours. Example: smoking, straws, water bottles, suckers, popsicles.

TOMORROW

- ❖ You may brush the morning following surgery. Brush gently, taking your toothbrush as far back as you are comfortable. You are okay to spit out your toothpaste the day following surgery.
- ❖ You should start a salt water rinse the day after surgery. Rinse 2-3 times a day with warm salt water. (1 tsp. salt in 1 cup of warm water.) Continue salt water rinses for 1 week.

ONE WEEK AFTER SURGERY

- ❖ If you were given an irrigating syringe, start irrigating the **lower** sockets gently 2-3 times a day. Fill the syringe with warm salt water or just warm water. Use this syringe after eating, and especially before bed to keep the sockets clean. You should continue to use this syringe until you are no longer catching food in the extraction sites. This may take up to 3-4 weeks.

Sutures and Gauze

- Stitches will dissolve in 7-10 days.
- The gauze should be changed every 30 minutes today. The gauze should get lighter throughout the day. When you see the gauze is just a pink tinge that means you are done needing the gauze. You no longer need to use the gauze once it is a pink color. It is common to see a pink tinge in your saliva for 24 hours.
- Rules when using the gauze:
 - ❖ Remove gauze to eat or drink anything.
 - ❖ Napping with the gauze is okay, but you should nap elevated and someone should wake you to keep your gauze changed regularly.
 - ❖ No gauze at bedtime. You may lay down a towel over your pillow(s) if you prefer. You should sleep with your head elevated above your heart.

Ice Packs

- Ice packs will be used the day of surgery, and the following day. Icing the first 48 hours will help to prevent swelling. We want you icing consistently for the rest of the day today, and all of tomorrow. (Leave the ice packs in the freezer overnight.) Example: 30 minutes with ice on, 60 minutes back in the freezer, and repeat.
- Swelling peaks on Day 3. Heat is what helps the swelling come down after 48 hours. The gel packs can be microwaved for heat. The instructions on how to heat them are written on the gel pack.

Medications

- If you are taking narcotic pain medication, we advise you to be at home resting; no driving, working, school, or alcohol within 4-6 hours of taking the pain medication.
- You need to eat a cup of food before each dose of pain medication.
- The instructions for the pain medication is to take one tablet every 4-6 hours as needed for pain. You should eat, and get your first dose in while you are still numb. It is a good idea to set your alarm once for the middle of the night so you stay on the every 4-6 hour schedule, and not get behind. This will hopefully help you to be more comfortable in the morning.
- If you were prescribed an antibiotic, you should take as directed, and finish the entire prescription. You should start the antibiotic today. (If you get sick to your stomach today, you can hold off and start the antibiotic tomorrow.) It is okay if you do not get the full dose of the antibiotic in today, but tomorrow you should take the full daily dose and take it until it is gone.
- Do not take the narcotic pain medication and antibiotic at the same time. It is easier on your stomach if you take them separate. One hour apart is an adequate amount of time.
- Dr. May would like you eating with both the pain medication and antibiotic for as long as you are taking both of the medications side by side. The more food you keep in your stomach, the less the medication will affect the way you feel. If you have discontinued the use of the narcotic pain medication, you no longer are required to eat with the antibiotic for the remainder of the week.
- If you have discontinued the use of the narcotic pain medication, and are just taking over the counter pain reliever, (Ibuprofen, Tylenol, Aleve) you may take the OTC pain reliever and antibiotic at the same time.
- **If you were prescribed an antibiotic and you are currently taking oral contraceptives, you should use an alternative method of birth control for the remainder of this cycle.**

Additional Instructions: _____

Please contact our office at 701-478-4404 with any questions or concerns. This number is also answered after hours and weekends for emergencies. An answering service will take your message and page Dr. may.

Dr. May and Staff at Prairie Oral Surgery