

ROUTINE POST-SURGICAL INSTRUCTIONS

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IF YOU NEED TO CALL OUR OFFICE FOR ANY PARTICULAR REASON WHILE THE OFFICE IS CLOSED, AND WISH TO SPEAK WITH THE DOCTOR, PLEASE MAKE SURE YOU CALL (954) 659-9990. YOU NEED TO SPEAK WITH AN OPERATOR FROM OUR ANSWERING SERVICE AND HAVE THE OPERATOR PAGE US. THEY ARE AVAILABLE TWENTY FOUR (24) HOURS A DAY. THE OPERATOR WILL PAGE THE DOCTOR. THE DOCTOR SHOULD CALL YOU BACK WITHIN THIRTY (30) MINUTES OF YOUR INITIAL CALL. IF HE DOES NOT, PLEASE CALL THE ANSWERING SERVICE AGAIN TO ENSURE THAT THE DOCTOR HAS RECEIVED THE PAGE.

POST ANESTHESIA INSTRUCTIONS

IF YOU HAVE RECEIVED AN INTRAVENOUS OR AN ORAL ANESTHETIC IT IS IMPORTANT TO UNDERSTAND THE FOLLOWING. THE MAJOR EFFECTS OF THE INTRAVENOUS DRUGS WILL HAVE WORN OFF BEFORE YOU ARE ALLOWED TO LEAVE OUR OFFICE. HOWEVER, THERE CAN BE RESIDUAL EFFECTS LASTING SIX (6) TO TWELVE (12) HOURS AND SOMETIMES LONGER. DURING THIS TIME, YOUR REFLEX TIME AND JUDGMENT MAY BE ALTERED. THEREFORE, YOU ARE ADVISED NOT TO DRIVE AN AUTOMOBILE OR OPERATE MACHINERY DURING THE DAY OF THE ANESTHESIA PROCEDURE OR WHILE TAKING NARCOTIC PAIN MEDICATIONS. DURING THAT SAME PERIOD YOU MIGHT EXPERIENCE LIGHTEADEDNESS OR DIZZINESS. **PLEASE DO NOT ATTEMPT TO WALK WITHOUT ASSISTANCE; YOU MAY FALL AND INJURE YOURSELF!**

- 1. MEDICATIONS/PRESCRIPTIONS:** IF AN ANTIBIOTIC IS PRESCRIBED, IT IS TO BE TAKEN UNTIL FINISHED. PAIN MEDICATION IS TO BE TAKEN AS INSTRUCTED ON THE BOTTLE. NO DRIVING WHEN TAKING NARCOTIC PAIN MEDICATION. THE LOCAL ANESTHETIC WILL WEAR OFF WITHIN HALF (1/2) AN HOUR TO FOUR (4) HOURS FOLLOWING SURGERY. IT IS IMPORTANT TO TAKE YOUR PAIN MEDICATION PRIOR TO THE LOCAL ANESTHESIA GOING AWAY AND PAIN SETTING IN. MAKE SURE YOU HAVE SWALLOWED THE MEDICATION BY CHECKING THE MOUTH AND INSURING THAT WENT DOWN SINCE THE MOUTH IS VERY LIKELY TO BE NUMB. IT IS ALSO IMPORTANT TO EAT PRIOR TO TAKING THE PAIN MEDICATION, ALTHOUGH IT IS NOT IMPERATIVE THAT YOU DO SO. NOT EATING CAN CAUSE NAUSEA AND VOMITING. AFTER THE FIRST TWENTY FOUR (24) TO SEVENTY TWO (72) HOURS YOU MAY SWITCH TO USING OVER THE COUNTER PAIN MEDICATIONS. SHOULD YOU DEVELOP A RASH, ITCHING, DIFFICULTY BREATHING, WHEEZING, NASAL CONGESTION OR SWELLING AROUND THE EYES NOT RELATED TO THE SURGERY STOP TAKING ALL MEDICATIONS AND NOTIFY OUR OFFICE IMMEDIATELY. **ATTENTION:** ALL FEMALE PATIENTS UTILIZING BIRTH CONTROL PILLS, PLEASE BE ADVISED THAT IF THE DOCTOR PRESCRIBES THE USE OF ANTIBIOTICS, AN ALTERNATIVE FORM OF BIRTH CONTROL MUST BE UTILIZED DURING THE WHOLE BIRTH CONTROL PILL CYCLE UNDER WHICH YOU WERE TAKING THE ANTIBIOTIC.
- 2. BLEEDING:** GAUZE WAS PLACED OVER THE SURGICAL SITE SO THAT IT SERVES AS A PRESSURE BANDAGE WHEN YOU BITE DOWN. USUALLY, WE RECOMMEND LEAVING IT IN PLACE UNTIL THE NUMBNESS FROM THE LOCAL ANESTHETIC WEARS OFF AND BRISK OozING DOES NOT OCCUR WHEN THE GAUZE IS REMOVED. REPLACE THE GAUZE HOURLY TO CONTROL BLEEDING IF NECESSARY. REMOVE THE GAUZE PRIOR TO EATING OR TAKING MEDICATIONS. A SMALL AMOUNT OF OozING IS NORMAL. PINK OR BLOOD-TINGED SALIVA MAY BE PRESENT FOR TWENTY FOUR (24) TO SEVENTY TWO (48) HOURS. YOU MAY WISH TO COVER YOUR PILLOW WITH A TOWEL TO AVOID STAINING. REST WITH HEAD ELEVATED ON TWO (2) OR MORE PILLOWS FOR THE FIRST DAY AND WILL PROBABLY HELP WITH THE BLEEDING. EXCESSIVE BLEEDING CAN BE CONTROLLED BY PLACING A TEA BAG INSIDE AN OPENED GAUZE, WRAPPING IT IN THE GAUZE, MOISTENING IT AND PLACING IT OVER THE SURGICAL SITE APPLYING PRESSURE WHILE BITING DOWN ON IT FOR OVER ONE (1) HOUR.
- 3. EATING:** COLD, SOFT FOODS FOR THE FIRST TWENTY FOUR (24) HOURS. **SUGGESTIONS:** ICE CREAM, JELLO®, PUDDINGS, YOGURT, COTTAGE CHEESE, MILK SHAKES, APPLESAUCE. ALTHOUGH YOU CAN START EATING ANY KIND OF FOOD YOU WISH THE DAY AFTER SURGERY, IT WILL SOMETIMES BE VERY DIFFICULT TO DO SO BECAUSE OF THE SWELLING OR PAIN FOLLOWING SURGERY. FOR THIS REASON WE RECOMMEND FOR THE NEXT FOUR (4) DAYS, FOLLOW A SOFT DIET (EGGS, MASHED POTATOES, PASTA). DRINK MORE FLUIDS THAN YOU USUALLY WOULD. NO ALCOHOLIC NOR CARBONATED BEVERAGES FOR THREE (3) DAYS AFTER SURGERY SHOULD BE USED. THIS IS NOT THE TIME TO LOSE WEIGHT; PROPER NUTRITION IS NECESSARY FOR HEALING.
- 4. SWELLING:** SOME SWELLING AFTER SURGERY IS NORMAL; DON'T BE ALARMED. IT TAKES TWO (2) TO THREE (3) DAYS FOR SURGICAL SWELLING TO REACH A PEAK BEFORE IT STARTS COMING DOWN. ICE PACKS ARE USED TO REDUCE SWELLING AND PRODUCE A LOCAL NUMBNESS IMMEDIATELY AFTER SURGERY. ICE PACKS SHOULD BE APPLIED DURING THE FIRST FORTY EIGHT (48) HOURS AFTER SURGERY. PLASTIC BAGS FILLED WITH CRUSHED ICE AND WRAPPED IN A DAMP TOWEL OR A COMMERCIAL ICE BAG ARE CONVENIENT FORMS OF APPLICATION IF YOU HAVE NOT OBTAINED A Wis-PAC™ FROM OUR OFFICE. THE Wis-PAC™ CAN BE USED CONSTANTLY DURING THE FIRST TWO (2) DAYS OR YOU CAN APPLY THE ICE FOR TWENTY (20) TO THIRTY (30) MINUTES, LEAVE OFF FOR TEN (10) TO TWENTY (20) MINUTES, IF YOU ARE NOT USING THE Wis-PAC™. AFTER FORTY EIGHT (48) HOURS YOU CAN DISCONTINUE THE ICE, SWITCH TO MOIST HEAT WITH THE Wis-PAC™ OR A HOT WATER BOTTLE AND/OR WARM WASH CLOTH WILL ALSO DO. IF THERE WAS SIGNIFICANT FACIAL SWELLING VISIBLE ON THE OUTSIDE FROM AN INFECTION AT THE TIME OF SURGERY, USE MOIST HEAT INSTEAD OF ICE FROM THE START!
- 5. RINSING:** AVOID RINSING, SPITTING, DRINKING THROUGH A STRAW AND ALCOHOL CONTAINING MOUTH WASHES FOR THE FIRST TWENTY FOUR (24) HOURS AS IT MAY PREMATURELY DISSOLVE THE BLOOD CLOT. A GENTLE RINSING WITH WARM SALT WATER (**ONE-HALF ½ TABLESPOON OF SALT IN LARGE DRINKING GLASS - 8OZ.**) AFTER MEALS AND AT BEDTIME IS IMPORTANT AFTER THE TWENTY FOUR (24) HOURS. A PLASTIC, CURVED, TIPPED SYRINGE WAS PROVIDED TO YOU TO HELP YOU RINSE THE SURGICAL SITES EASIER; **USE IT!** MAKE SURE YOU PLACE THE TIP OF THE SYRINGE IN OVER THE TOOTH SOCKET OR SURGICAL SITE AND PLACE THE TIP IN THE HOLE AND FLUSH GENTLY.

AFTER SEVENTY TWO (72) HOURS A MORE VIGOROUS RINSING IS ENCOURAGED. RINSING SHOULD BE DONE AFTER ANY EATING AND AT BEDTIME FOR AT LEAST TWO WEEKS. COMMERCIAL MOUTH WASHES LIKE LISTERINE® OR SCOPE® CAN BE USED AFTER TWENTY FOUR (24) HOURS AS LONG AS THEY DO NOT STING THE SURGICAL SITE.

- 6. BRUISING:** BRUISING MAY BE PRESENT TO VARYING DEGREES. IT WILL SUBSIDE OVER A PERIOD OF FIVE (5) TO TEN (10) DAYS.
- 7. TOOTH BRUSHING: No BRUSHING THE DAY OF SURGERY.** YOU MAY START BRUSHING THE DAY AFTER SURGERY IN EVERY AREA OF THE MOUTH EXCEPT THE SURGICAL SITE. **THE MOUTH MAY BE BRUSHED NORMALLY.** WHEN YOU RESUME BRUSHING AT THE SURGICAL SITE YOU MAY EXPERIENCE A SMALL AMOUNT OF BLEEDING OR DISCOMFORT, BUT THIS IS NORMAL. BRUSHING OF THE IMMEDIATE SURGICAL SITE SHOULD BE DISCONTINUED FOR ABOUT ONE (1) WEEK AFTER SURGERY TO PREVENT DISRUPTION OF THE BLOOD CLOT, HEALING TISSUES AND/OR SUTURES.
- 8. ACTIVITY:** AVOID EXCESSIVE PHYSICAL EXERTION AND FATIGUE DURING THE IMMEDIATE POSTOPERATIVE PERIOD, GENERALLY FOR TWO (2) TO THREE (3) DAYS. NO EXERCISE IS TO BE DONE IF YOU ARE TAKING THE NARCOTIC MEDICATIONS. OBTAIN ADEQUATE SLEEP.
- 9. SUTURES/DRESSINGS:** A VARIETY OF SUTURES AND DRESSINGS MAY HAVE BEEN USED AS PART OF YOUR TREATMENT AND YOU MAY FEEL THEM WITH YOUR TONGUE. THEY WILL EITHER DISSOLVE ON THEIR OWN OR BE REMOVED AT THE APPROPRIATE POSTOPERATIVE APPOINTMENT.
- 10. SMOKING:** WE ADVISE YOU NOT TO SMOKE AT ALL ESPECIALLY DURING THE FIRST THREE (3) DAYS AFTER SURGERY. SMOKING CAN INCREASE PAIN AND LEAD TO POOR HEALING. THE LONGER YOU REFRAIN FROM SMOKING THE LESS CHANCE YOU HAVE OF DEVELOPING POSTOPERATIVE PROBLEMS.

IMMEDIATE DENTURE INSTRUCTIONS

IF DENTURES WERE PLACED IN YOUR MOUTH IMMEDIATELY AFTER SURGERY, THESE WILL SERVE AS A SURGICAL BANDAGE. LEAVE THE DENTURE IN PLACE FOR TWENTY FOUR (24) HOURS. IF THE DENTURE IS REMOVED TOO EARLY, THE ORAL TISSUES MAY CONTINUE TO SWELL, AND YOU WILL NOT BE ABLE TO REPLACE THE DENTURE. AFTER TWENTY FOUR (24) HOURS, REMOVE AS NEEDED TO CLEAN THEM OR RINSE YOUR MOUTH. AFTER THE INITIAL TWENTY FOUR (24) HOUR PERIOD, IT IS IMPORTANT TO KEEP THE DENTURE OUT AT NIGHT TO ALLOW FOR ADEQUATE HEALING.

POSSIBLE DEVELOPMENT OF CONDITIONS AFTER SURGERY

ONE OR MORE OF THE FOLLOWING CONDITIONS MAY DEVELOP AFTER YOUR SURGERY. IF SO, PLEASE REFER TO THIS SHEET. **CALL OUR OFFICE IF YOU HAVE ADDITIONAL QUESTIONS.**

- 1. ANTIBIOTICS:** MAY CAUSE DIARRHEA OR STOMACH UPSET. EATING ACTIVE CULTURE YOGURT WITH "ACIDOPHILUS" MAY HELP DECREASE THE INCIDENCE BY RESTORING NORMAL GASTROINTESTINAL FLORA.
- 2. FEVER:** THE NORMAL, AVERAGE ORAL TEMPERATURE IS 98.6° FAHRENHEIT OR 37° CELSIUS. YOUR TEMPERATURE MAY RISE SLIGHTLY FOR A DAY OR TWO (2) AFTER SURGERY AND IS USUALLY OF NO CONCERN. IF YOU FEEL WARM OR SWEATY, WE RECOMMEND YOU TAKE AND RECORD YOUR ORAL TEMPERATURE DURING THE MORNING AND BEFORE RETIRING. A PERSISTENTLY RAISED TEMPERATURE SHOULD BE REPORTED TO OUR OFFICE. DRINK PLENTY OF FLUIDS DURING THIS PERIOD, BUT NOT WITHIN THE FEW MINUTES BEFORE TAKING YOUR TEMPERATURE.
- 3. DRY SOCKET:** THIS MAY OCCUR TWO (2) TO FIVE (5) DAYS AFTER SURGERY, USUALLY WITH LOWER THIRD MOLARS (WISDOM TEETH). IT USUALLY IS CHARACTERIZED BY AN "EARACHE-LIKE" THROBBING PAIN WHICH CAN RADIATE TO THE TOP JAW, FOUL TASTE AND ODOR AS THE RESULT OF LOSS OF THE BLOOD CLOT IN THE TOOTH SOCKET. TREATMENT IS SIMPLE, INVOLVING IRRIGATION AND DRESSING PLACEMENT TO ALLEVIATE THE DISCOMFORT. CALL OUR OFFICE IF YOU THINK YOU MIGHT HAVE A DRY SOCKET.
- 4. MUSCLE STIFFNESS:** TENDERNESS AND STIFFNESS WITHIN THE CHEWING MUSCLES MAY DEVELOP DURING THE POSTOPERATIVE PERIOD AND SHOULD NOT ALARM YOU. IT IS USUALLY DUE TO SWELLING IN THE AREA OF THE MUSCLES AND IS BEST TREATED WITH MOIST HEAT THERAPY. IT WILL SLOWLY RESOLVE OVER A FIVE (5) TO TEN (10) DAY PERIOD.
- 5. IV INJECTION SITE:** THE POINT WHERE THE NEEDLE ENTERED THE VEIN MAY DEVELOP A BLuish COLOR WHICH WILL CHANGE TO YELLOW AND THEN TO NORMAL COLOR IN A MATTER OF DAYS. THERE MAY BE A SLIGHT TENDERNESS TO THE AREA AND PERHAPS SMALL LUMPS. THESE SIGNS AND SYMPTOMS ARE USUALLY OF CONCERN AND ARE BEST TREATED WITH A HOT, MOIST TOWEL AND ELEVATION OF THE ARM. SHOULD THE ARM BEGIN TO SWELL OR TENDERNESS PROGRESS UP TOWARD THE SHOULDER, PLEASE CALL OUR OFFICE.
- 6. NAUSEA/VOMITING:** NAUSEA FOLLOWING SURGERY IS USUALLY DUE TO TAKING MEDICATIONS ON AN EMPTY STOMACH. KEEP EATING AND TAKE AS FEW PAIN PILLS AS POSSIBLE. SIPPING FLAT 7-UP®, GINGER ALE, OR COLA MAY HELP. CALL OUR OFFICE IF SEVERE NAUSEA OR VOMITING PERSISTS. MEDICATION MIGHT HAVE TO BE PRESCRIBED FOR NAUSEA AND VOMITING FOR COMFORT AND TO PREVENT DEHYDRATION.
- 7. NUMBNESS:** AS WE EXPLAINED PRIOR TO SURGERY, A NUMBNESS OF YOUR LIPS OR TONGUE PARTIAL OR COMPLETE MAY BE APPARENT WHEN THE LOCAL ANESTHESIA WEARS OFF. TIME WILL USUALLY RESOLVE THIS CONDITION. IT COULD BE SEVERAL WEEKS TO SEVERAL MONTHS BEFORE THE FEELING RETURNS. IT RETURNS SLOWLY AND IT MIGHT BE HARD FOR YOU TO PERCEIVE THE CHANGE. SENSATIONS OF "BURNING," "TINGLING," OR "ELECTRIC SHOCKS" IN THE NUMB AREAS INDICATE THAT FEELING IS RETURNING. CALL TO OUR ATTENTION ANY NUMBNESS OR CHANGE IN FEELING AT YOUR FIRST POSTOPERATIVE VISIT IF THIS HAS OCCURRED.
- 8. SHARP BONY EDGES:** SMALL PIECES OF BONE MAY WORK OUT OF THE SURGICAL AREA EVEN UP TO FIVE (5) TO SIX (6) WEEKS AFTER THE SURGERY. THIS MAY RESOLVE ON ITS OWN OVER A PERIOD OF A FEW WEEKS. IF NECESSARY, REMOVAL OF A BONE SPICULE IS A SIMPLE AND ROUTINE PROCEDURE.
- 9. SORE LIP/CHEEKS:** THE CORNERS OF YOUR MOUTH MAY BE DRY AND CRACKED AFTER SURGERY. THIS IS BEST TREATED BY GENTLY APPLYING VASELINE® OR BLISTEX® ON A REGULAR BASIS.