

Post Surgery Instruction

PAIN OR DISCOMFORT

Use prescribed medication as needed but only as directed. If you have a problem with the medication (nausea, vomiting, lack of pain control, itching, difficulty breathing) PLEASE CALL US.

BLEEDING

Some bleeding is normal during the first 24-48 hours. If bleeding cannot be controlled by resting with head elevated, try gentle pressure with moist gauze or a moist tea bag for 5-10 minutes, up to 20 minutes. If bleeding persists PLEASE CALL US.

SWELLING

To prevent swelling you can use an ice pack, 10 min on & off, for the first 24 hours, as tolerated. After 24 hours, swelling can be reduced with warm moist heat, externally placed, 10 min on & off (run a wash cloth under warm water, ring out and hold on cheek next to swelling).

EATING

IF YOUR SURGERY INVOLVES BOTH SIDES OF THE MOUTH:

We recommend a SOFT Diet for at least 7-10 days and LOTS OF FLUIDS!

Examples: blended foods, shakes, juices, milk, instant breakfast, pudding, soups, scrambled eggs, yogurt, ice cream, commercial dietary supplements, poached fish, cookies dipped in milk (yum!)...use your imagination.

RULE OF THUMB FOR SOFT DIETS: If you can't chew it with your tongue, it's probably too hard or too chewy.

IF YOUR SURGERY IS ON ONE SIDE OF THE MOUTH:

Please CHEW on the OTHER SIDE and stay to SOFTER REGULAR FOODS. In general, drink lots of FLUIDS! After surgery is NOT a good time to lose weight! Make sure you are getting enough CALORIES! Fluids, calories, ample nutrients = better healing

ORAL HYGIENE

Please do not brush the surgical site(s) until directed by us. Use the prescribed mouthwash as directed, rinse the surgical areas twice a day, in the morning after breakfast and before going to bed. Please rinse gently! Brush and floss non-surgical areas and brush your tongue. If you are not sure what you can or cannot do, please call us.

After an extraction, a dull ache that is not controlled with any pain medication is probably a DRY SOCKET. This happens when the clot comes out of the extraction site. Treatment is effective by placing a medicated dressing in the socket. Please call us if you think you may have a dry socket.

DRY SOCKET PREVENTION: avoid vigorous rinsing, suction through a straw, smoking and spitting, as all of these actions can cause the clot to come out.

TAKE IT EASY, GET PLENTY OF REST AND FLUIDS

You can expect some discomfort, some swelling and maybe some bruising. Follow up appointments will be made as needed (removal of stitches, changing or removal of dressings, oral hygiene instruction).

A significant increase in temperature may indicate:

- 1) LACK OF FLUIDS (within the first 24 hours)
- 2) INFECTION (after 24-48 hours)

Uncontrollable pain or bleeding, inordinate swelling or fever constitutes an EMERGENCY...PLEASE CALL US.

MEDICATION

Drug	Instruction
___ Mouthwash	Use a capful of mouthwash and rinse 30 seconds twice daily for 7-10 days
___ Advil or Motrin	Take 3 tabs of 200mg over-the-counter strength every 4-6 hour for 2-7 days
___ Vicodin	Take 1 tab every 4-6 hour. Use it when you are at home or before you go to bed
___ Amoxicillin	Take 1 tab 3 times daily till you finish with the whole prescription
___ Z-Pak	Take 2 tabs today and 1 tab daily for the next 4 days
___ Cipro	Take 1 tab 2 times daily till you finish with the whole prescription

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