

# CARE OF MOUTH FOLLOWING ORAL SURGERY

## BURNHAM ORAL SURGERY

**Drink:** Drink plenty of liquids such as water, fruit juices, ginger ale, 7-Up, Gatorade, milk, or instant breakfast. Avoid drinking through a straw for 7 days after surgery as this could increase your chance of dry socket.

**Eat:** For the first two days you should eat soft non-spicy foods such as mashed potatoes, soups, puddings, yogurts, and applesauce. Then, slowly work up to your normal diet.

**Medicate:** If you were prescribed Motrin (600mg), please take your first dose no later than 3hrs after surgery, or sooner if you start to have discomfort. Scientific studies consistently show the superiority of a regular dose of ibuprofen (Motrin/Advil) over a five-day period for postoperative pain associated with oral surgery procedures. With this in mind, you may have been prescribed prescription-strength ibuprofen by your doctor. You should take this for five (5) days, every six (6) hours, while you are awake. There is no need to wake up in the middle of the night to take ibuprofen if you are sleeping. Please take your ibuprofen whether you are experiencing pain or not. This will keep you pain-free in most cases.

**If you were prescribed Methylprednisolone (Anti-Swelling Steroid) and/or an antibiotic, take them with your first dose of ibuprofen. Then continue to take as directed.**

**If you have been prescribed a narcotic pain medication, we recommend taking the first dose once you get home.** Continue to use your narcotic pain medication for breakthrough pain, pain that you experience even though you are on the regular dose of ibuprofen. **Be sure to leave at least 60 minutes between your last ibuprofen dose and the narcotic dose.**

### Timeline for Post Op Pain Medications

1 <sup>st</sup> Dose Narcotic With food	1st dose of Motrin	2nd dose of of Narcotic	2 <sup>nd</sup> dose of Motrin	3 <sup>rd</sup> dose of Narcotic
0	-----3hrs	-----6hrs	-----9hrs	-----12hrs

**Bleeding:** You may be given gauze to bite down on following your surgery, if so, please follow these instructions. After you are done eating and taking your first dose of medications, replace the gauze in your mouth with fresh gauze provided to you in your take home bag. Continue putting firm pressure on it for **one** hour if there is bleeding. Then, after you have taken your narcotic medication (see **Medicate**), if still bleeding, replace the gauze for **one additional hour**. If bleeding persists, additional gauze may be placed using steady, firm pressure directly over the extraction sites for at least another 2 hours. Some bleeding is to be expected up to 48 hours after surgery. Remember, only a very small amount of blood will turn the saliva pink. To reduce bleeding, keep your head elevated on two pillows.

**Control of bleeding if the above pressure does not work:** If bleeding persists or is heavy, follow these instructions:

- **Place a damp tea bag (black tea) directly over the bleeding site and bite FIRMLY for two hours without letting up on the pressure.**

(Continued on back.)

**Rest:** Keep activity to a minimum for the first day.

**Swelling:** If any major swelling occurs, it will reach its maximum in 48 hours and will begin to go down after that. Putting an ice pack on your face, 20 minutes on and 20 minutes off, for the first 2 days will help reduce the swelling. The ice pack that has been provided to you is reusable.

**Oral Hygiene:** Eight hours after surgery, begin to clean your mouth. Brush your teeth thoroughly and rinse well. Brush your tongue. Clean directly over the extraction sites using your finger and a dab of toothpaste. Rinse with warm water. The cleaner you keep your teeth and mouth, the less chance of infection and ‘dry socket.’

The day after surgery you should begin gently rinsing 7 to 10 times a day for wisdom teeth and extractions, 3 to 5 times a day for bone grafting and implants, especially after eating, with a mouthful of warm salt water, using our recipe for salt water rinse. (Two teaspoons of salt mixed with 20 ounces of warm water in a clean, empty, water or soda bottle.) Please continue rinsing with warm salt water daily until your postoperative appointment. Also, avoid using mouthwash such as Listerine or Crest after surgery for the first few days as it can be harsh to the surgical sites.

**DO NOT SMOKE AFTER SURGERY FOREVER. IF YOU INSIST ON SMOKING, THE FOLLOWING MAY HAPPEN:** (because the chemicals and gases in tobacco smoke contains ammonia, hydrogen cyanide, lead, nicotine, pesticides, radioactive polonium, and many other deadly gases).

- A. You will greatly increase your pain and prolong healing time.
- B. You will have a greater chance of developing a ‘dry-socket’.
- C. You will significantly increase your chance of infection.

**Post-Operative Appointment:** You may receive a syringe at your post-operative appointment and be taught how to irrigate the lower sockets with warm tap water. We will also check your healing and remove any loose sutures at this appointment.

In the case of deeply impacted teeth or difficult surgery, all of the above may be exaggerated. The skin may be bruised and your jaw may be stiff and difficult to open. If you experience difficulty opening your mouth, beginning 72 hours after surgery, you may begin using a warm, moist compress on your jaw joint to help relax the muscle. The ice pack given to you on day of surgery can be used as a warm compress. Allow the ice pack to defrost completely, and then place it in the microwave for 3-5 seconds.

Dr. Burnham, Dr. Stearns and the team at Burnham Oral Surgery have done everything possible to provide you with the best anesthetic and surgical care. However, the ultimate success of your operation now depends on how well you follow both these and the verbal instructions. This will help you avoid the complications that lead to unnecessary discomfort and prolonged recovery.

Should any questions come up, or if any instructions are not clear, call the office immediately for clarification.

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