

## Other Information

Local anesthetic is used causing the surgical site(s) to be numb. Be careful not to chew or bite your lip, cheek or tongue. Usually normal sensation returns within the first 24 hours after surgery; however, numbness of the lip, chin, or tongue can persist longer. This numbness is usually temporary, but do not hesitate to contact our office if you have persistent numbness so this can be evaluated.

A slight fever immediately following surgery is not uncommon. If the temperature persists beyond 24 hours, please do not hesitate to contact our office. Tylenol or Ibuprofen can be taken to reduce the fever.

If you experience any unusual drainage, abnormal or unexplained taste, this could be a sign of infection and you need to contact our office immediately.

Sometimes after surgery you can feel sharp edges in the surgical site(s) with your tongue. These sharp edges are usually the bony walls that originally supported the teeth or the sutures placed at time of surgery.

Occasionally small slivers of bone may work themselves out during the first week or two after surgery. If necessary, we will remove them at your post-operative visit.

If the corners of your mouth are stretched during the procedure, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.

It is not uncommon to experience a sore throat or ear pain when swallowing for the first 2-3 days following surgery due to swelling in the muscles of your throat.

Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event which will resolve in time.

A dry socket occurs when the blood clot gets dislodged prematurely from the surgical site(s). Do not suck on a straw, smoke or use the irrigation syringe for a week to avoid getting a dry socket. If you experience severe pain at the surgical site(s) that radiates to your ear 3-5 days following surgery that is not relieved with the prescribed pain medication, do not hesitate to contact our office.

## Oral Hygiene

Please do not disrupt the surgical site(s) the day of your procedure.

You can begin brushing your teeth with a soft toothbrush the day after your surgery. Small amounts of bleeding are normal when brushing teeth for the first week after surgery.

No rinsing of the mouth should be performed for the first 12 hours after surgery. After 12 hours it is important to rinse the surgical site(s) very gently with warm salt water (1 tablespoon of salt dissolved in an 8 ounce glass of warm water) after meals for the first 2-4 weeks.

Do not rinse vigorously or probe the surgical site(s) with your tongue, fingers or any other object.

Do not use a straw or any other device that would increase the pressure in your mouth for the first week.

It is advised that you refrain from smoking for at least 1 week after your surgery. The negative pressure that is caused by smoking cigarettes, along with the nicotine, is very detrimental to the healing process.

Commercial mouth rinses and oral disinfectants should not be used unless prescribed.

If you received an irrigation syringe at your surgical appointment, you should start using it to flush food and debris out of your surgical site(s) beginning 1 week after your surgery. Please DO NOT begin using the irrigation syringe until 1 week after your surgery as this can cause a premature loss of the blood clot and cause unnecessary pain and complications. If you did not receive an irrigation syringe at your surgical appointment, you will receive one at your postoperative visit if indicated. Stop using the syringe when completely healed.

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## Care of the Mouth After Oral Surgery



### YOUR RETURN APPOINTMENT

DAY

DATE

TIME

LOCALE

*Thank you for your support and referrals.  
See you soon!*

# Discomfort

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Post-operative discomfort is normal.

Appropriate pain medication will be prescribed if indicated.

Take the first dose of prescribed pain medication as soon as it is convenient and before your numbness wears off.

Most pain medications can cause nausea if taken on an empty stomach so it is advised that you eat a small portion prior to taking your pain medication.

Since prescribed pain medication may make you drowsy and slow your reaction time, do not operate heavy machinery or drive a motor vehicle while taking these medications.

If you experience any itching, rash or reaction to any prescribed medications, please contact our office immediately.

If an anti-inflammatory such as Naproxen has been prescribed, do not take an additional anti-inflammatory such as Ibuprofen/Advil/Motrin

# Swelling/Bruising

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You will experience swelling after surgery.

The amount of swelling that you experience varies by individual and by procedure performed.

Swelling typically increases until the 3rd post-operative day and can last up to 14 days after surgery.

To minimize swelling, place an ice pack over the surgical site(s) for 20 minutes at a time with 10-20 minute rest periods. You can continue this rotation for up to 24 hours. After 24 hours, ice has no beneficial effect.

For the first 2 days after your procedure, sleep with your head elevated at 30 degrees to minimize swelling.

Bruising of the skin can occur. This is normal and usually begins 1-3 days after surgery. Moist heat, like a heating pad, applied to the area(s) may help diminish bruising.

# Bleeding

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Bleeding and oozing is normal and expected for up to 24 hours.

Gauze will be placed at the surgical site(s) before you leave our office and should be checked every 45 minutes for the first 4-6 hours. Remove the gauze when bleeding has stopped, when you eat and sleep.

If bleeding persists, soak the gauze in a glass of ice water, squeeze excess water out then place gauze over surgical site and then bite firmly on it. This will aid clotting. You can also bite on a **moistened black tea bag** for 30 minutes. The tannic acid in the tea aids in blood clotting.

Do not hesitate to contact our office if your bleeding is not easily controlled.

# Diet

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You are encouraged to eat as soon as possible after surgery beginning with clear liquids such as water, apple juice or grape juice, and advancing as tolerated.

Soft, cold foods such as ice cream, jell-o, yogurt, pudding or applesauce are recommended for the first day.

Soft, warm foods such as mashed potatoes, pastas, creamy soups or over-cooked vegetables can be introduced the following day.

Please avoid foods with small, sharp pieces such as chips, nuts or seeds for the first week as these may become lodged in the surgical site(s).

# Stitches

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Stitches, are often placed after oral surgery.

These stitches are usually resorbable, meaning they will become loose and fall out on their own without needing to have them removed in our office.

The sutures generally fall out within the first 5-7 days after surgery, but sometimes sutures fall out before or after this time period without causing any complications.

If your surgeon places sutures that are designed to last longer than this, or sutures that require removal, you will be told at the time of your procedure.

# Nausea & Vomiting

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Nausea may occur after surgery, especially if you are sedated for your procedure.

Nausea may also be caused by pain medications, especially if they are taken on an empty stomach.

Nausea may be reduced by eating a small amount of food before taking your pain medication.

If you experience post-operative nausea, try to keep drinking clear fluids and minimize your use of the pain medication.

Please do not hesitate to call our office if you do not feel better or if repeated vomiting is a problem.

\* Benadryl can decrease post-operative nausea and vomiting. (over the counter - use as directed)

# Activity

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Plan on resting the day of your surgery. You can resume your normal activities when you feel comfortable.

Your decreased fluid intake and pain medications may make you dizzy and standing up too quickly could make you light headed. You should be careful when standing up from a resting position.

Remember that your normal nutrition is going to be reduced so, if you are involved in a regular exercise program, you may need to reduce your intensity during the healing period. If you feel light headed during exercise, stop the activity, lie down and rest.

Avoid any activity or sport which might expose you to a blow to the mouth or jaw.

