

**Post Surgical Instructions**  
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**IMPORTANT:**

Please read the following information. Your knowledge of this information will make your post-surgical period much smoother and allow your healing to occur rapidly and naturally. If you do not completely understand any of the instructions, please ask Dr Allain or one of the available assistants for clarification.

**ANESTHETICS:**

The length of time you experience numbness varies depending on the type of local anesthetic you receive. While your mouth remains numb, please be careful not to bite your cheek, lip, or tongue. The numbness should subside within a few hours. If the numbness fails to go away within 24 hours, please call the office. Dr. Allain uses a longer lasting anesthetic on the lower so it will remain numb longer than the upper teeth, if done.

**SWELLING:**

After your surgery, swelling may occur. To help reduce this, the use of ice packs are important for the first 24 hours. The ice may be applied using ice bags or plastic “baggies” covered with a wash cloth and you may even be discharged from the office with ice packs to be used on the way home. Ice down 10 minutes per side for 20 minutes per hour maximum. 24 hours after your surgery, ice will be of no value and you should switch to moist heat. A wash cloth moistened and warmed up in a microwave, a hot water bottle, or a heating pad may be used.

**PAIN:**

If special medication has been prescribed to you, it is very important you follow the directions printed on the container and on the information sheet to you by the pharmacist. If you are not comfortable, please contact Dr. Allain so he may assist you. For most cases, unless otherwise specified, rotate Vicodin ES with Motrin 600 every 3-4 hours for the first 24-36 hours. Continue Motrin every 4-6 hours for the next 5 days after surgery even if there is no discomfort to control swelling.

**BLEEDING:**

Minor bleeding (oozing) may be expected for 2-3 days and is considered normal. However, brisk, rapid, bright red bleeding is not normal and should be stopped. Please use the following suggestions to stop the bleeding:

1. Fold a clean gauze “2x2” into a thick pad, moisten in cool water, and place directly over the bleeding site. Bite on the compress for 45 minutes.
2. If the preceding is unsuccessful, use a moistened tea bag (squeeze dry first).
3. If these techniques are unsuccessful, please contact Dr. Allain

**ORAL HYGIENE:**

It is important to continue your normal hygiene with daily brushing and flossing. The day following surgery, gently rinse with warm salt water (half a teaspoon of salt into an 8oz. glass of warm water). Rinsing after meals is important to keep food particles out of the extraction site(s), but remember not to rinse too vigorously. If prescribed, use Peridex (chlorhexidine gluconate if generic) two times a day for 5 days after salt water rinsing and brushing/flossing. This reduces the chance of postoperative infection (“dry socket”).

**DIET:**

A nutritionally balanced diet is important. During the first 24 hours, drink warm soups and eat soft foods that are easily chewed and swallowed. Avoid alcoholic beverages and hot liquids. Gradually progress to solid foods, but do not skip meals. Multivitamins and/or Vitamin C can help the healing process. Diabetics should maintain their normal diet and medications as usual.

**JAW JOINT & MUSCLE STIFFNESS:**

This is common and may last up to 10 days with gradual improvement. Moist heat will aid in your recovery.

**NAUSEA:**

Nausea may occasionally occur especially with Motrin, or narcotics. Make sure to rotate the Motrin (if prescribed) with the narcotic (Vicodin, Lortab, Tylenol, and Hydrocodne) to minimize stomach upset. Be sure to drink at least a full 12oz. glass of liquid with the medicines to dilute the pills.

**TEMPERATURE:**

An elevated temperature of 99-100 degrees may occur for the first 24-28 hours after surgery. This usually is a result of not eating or drinking. The best treatment is to consume fluids.

Do not spit, smoke, or drink with a straw or rinse vigorously for the first 24-48 hours after your surgery. This will disturb the clotting mechanisms and delay your healing, possibly causing an infection ("dry socket").

Varying degrees of discomfort, swelling, bleeding, and stiffness of the jaw and facial discoloration are normal following oral surgery procedures. **For unusual pain, swelling, bleeding, stiffness, or an elevated temperature over 100 degrees orally, please contact Dr. Allain on the emergency pager (248.770.8369) or call the office (248.399.8600).**