

# CRIST DENTAL

COSMETIC AND FAMILY DENTISTRY  
207 SMELTER AVE. NE STE #1 GREAT FALLS, MT 59404  
PH (406) 761 -2151

## **Postoperative Instructions Following Oral Surgery**

**\*\*\*Please Read All Instructions Carefully\*\*\***

**BLEEDING:** will be under control by the time you leave our office. Some oozing or blood-tinged saliva may persist for up to 24 hours. Should excessive bleeding occur, it may be controlled with pressure. Apply a folded gauze pad over the area and bite firmly for 45 minutes. This may need to be repeated.

**PAIN:** is best controlled by the medications recommended by the doctor. They are most effective when taken before the local anesthesia diminishes and normal sensation returns to the area. Do not take pain pills on an empty stomach. Narcotic pain medication such as codeine, hydrocodone or oxycodone may cause nausea, vomiting, drowsiness, dizziness, itching or constipation. If these side effects occur, discontinue the medication. You may take an alternative over the counter pain medication or call our office for assistance. Do not drive or operate heavy machinery while taking prescribed pain medications other than Ibuprofen.

**SWELLING:** may occur immediately and increase gradually over 24-48 hours. Swelling from the surgical procedure will maximize at 48-72 hours. Ice packs applied externally to the area at 20 minutes intervals throughout the day of surgery may help control swelling, but only use them if advised to by our office. Sleeping with the head of bed elevated above the level of the heart for the first two post-operative nights may tend to lessen swelling.

**NAUSEA:** may result from the surgery or the drugs prescribed for pain. Drinking a small glass of water with a small amount of food will generally control mild nausea.

**DIET:** of soft foods and liquids will be required for 24-48 hours following surgery. Avoid dairy products, carbonated beverages, alcohol, lemonade, tomato, orange, grapefruit, cranberry juice, coffee or other extremely hot drinks for the first day. Do not drink through a straw or smoke (if you do) for at least 72 hours. If you had surgery on only one side of the mouth, favor the other side while chewing for the first few days.

**ORAL HYGIENE:** should not be neglected. Brush your teeth as usual the night of surgery being careful around the surgical site, and rinse with warm salt water after each meal gently beginning 24 hours after the surgery. Do not brush the surgical area for 4-5 days. Avoid spitting for 24 hours following surgery.

**ACTIVITY:** should be restricted to a minimum for the first 2-3 days. Strenuous work or exercise may promote bleeding. If you have had a nitrous oxide or another type of sedation, we require that a responsible adult accompany you home. Under no circumstances are you to drive a car for at least 24 hours.

**FEVER:** is normal after surgery. It is possible for the body temperature to be slightly elevated for 24 hours.

**SIDE EFFECTS:** such as an ear ache, temporary ache of adjacent teeth, restricted mouth opening, stretching or cracking at the corners of the mouth or discoloration of the skin may occur postoperatively. These are temporary conditions that will improve as healing progresses.

If we cannot be reached at this number and you need care, please go to a walk-in clinic or the E.R.

DR. CRIST 406-761-2151