

IMPORTANT INSTRUCTIONS FOR CARE FOLLOWING ORAL SURGERY

You have had a surgical operation in your mouth that must be cared for. Infections, swelling and pain must be held to a minimum or prevented, if possible. Please follow instructions carefully and if postoperative problems of an emergency nature occur, do not hesitate to call Dr. Mader at home. (574)272-4748

BLEEDING

1. Leave the gauze pad over the operated area for 30 minutes, holding it in place with moderate biting pressure, after which it should be GENTLY removed. Change the gauze every 30 minutes until the bleeding is controlled (not necessarily stopped). The sites may continue to slightly ooze for the next several days.

2. Slight bleeding is beneficial. If bleeding is excessive or persists, do not become alarmed. Remove any clots with a piece of gauze and rinse your mouth with ice water. Form the gauze to a thickness that can be placed directly over the area and will not allow the teeth to come together when you bite down. Hold it in place firmly for 30 minutes and repeat until bleeding is controlled.

3. **DO NOT SMOKE** for a period of 24 hours following surgery. Do not spit or suck through a straw for 24 hours following surgery.

4. **DO NOT RINSE THE MOUTH ON THE DAY OF SURGERY.** If bleeding is excessive, follow the special instructions under number two.

PAIN

If you were given a prescription for pain have it filled immediately and follow the instructions accompanying the drug. **DO NOT TAKE MEDICATION ON AN EMPTY STOMACH.** Doing so may cause nausea. Take the pain medication as soon as possible after surgery. Do not wait for the anesthetic to wear off.

SWELLING

When extensive surgery has been done about the face, swelling or discoloration is not unusual. **MAXIMUM SWELLING OCCURS 48 HOURS AFTER THE SURGERY.** On the day of surgery keep the face cold with ice packs 30 minutes out of every hour. Smooth Vaseline on the face and lips to avoid dryness and burning of tissues.

ORAL HYGIENE

The operative areas must always be kept clean. The day following surgery, rinse with a warm salt-water solution (1/2 tsp. salt in a glass of warm water) after every meal and at bedtime. This may also be used in between meals. Start brushing the teeth after every meal the day following surgery. Remember to include the teeth around the extraction site as this will help prevent infection.

DIET

An adequate diet **MUST** be followed to insure a speedy recovery. Immediately following surgery we recommend liquid or soft foods. Some soft foods we suggest are: Carnation Instant Breakfast, yogurt, ice cream, soups, puddings, Jello, pastas, mashed potatoes and milkshakes.

SUTURES

If stitches were placed in your mouth it was to prevent bleeding and to hasten healing. These will be removed easily and painlessly at your scheduled appointment seven to ten days after surgery. Do not be alarmed if the sutures become loose or bothersome.

INFECTION

If you were given a prescription for infection the directions must be followed. Please take the medication to its completion unless otherwise instructed. Please be aware that birth control pills can be rendered less effective when taken concurrently with antibiotics. We recommend an additional method of contraception for the rest of that cycle of pills. Infection can be a serious problem if not taken care of properly.

Some bleeding, swelling and pain are expected during the first several days, however, if you are running a temperature or are excessively concerned about the condition of your mouth please feel free to call the office or Dr. Mader at home.

IT IS EXTREMELY IMPORTANT THAT PATIENTS TAKE CARE NOT TO BITE THE LIP OR CHEEK FOR ABOUT 12 HOURS FOLLOWING SURGERY SINCE THE MOUTH MAY HAVE NO SENSATION DURING THAT TIME.

WE WANT YOU TO BE AS COMFORTABLE AS POSSIBLE DURING HEALING.

PLEASE DO NOT HESITATE TO CALL. 574.271.9000