HNSA HEAD+NECK SURGICAL ASSOCIATES

PORTLAND
ORAL & FACIAL SURGERY

Home Care Instructions After Oral Surgery

Pain in varying amounts is to be expected after any oral surgery procedure. The **combination** of Ibuprofen and Acetaminophen has been shown to work better than either drug alone, and in several studies, can work better than narcotics. These pain relievers are very inexpensive and can be bought over the counter "OTC" in any pharmacy and in many supermarkets.

Ibuprofen (Advil, Motrin): Maximum adult daily dose = 2400mg
OTC generic ibuprofen is sold as either tablets or capsules of 200mg

Acetaminophen (Tylenol): Maximum adult daily dose = 4,000mg
Acetaminophen is sold OTC in multiple dosage sizes. Get the 500mg tablets.

Dosage: Within one hour of leaving the office, begin a combination of Ibuprofen and Acetaminophen taken together and **repeat every 4 hours as needed.** You can take a maximum of 6 doses of this combination every 24 hours.

Ibuprofen: 200mg	Take 2
Acetaminophen: 500mg	Take 1

Swelling commonly develops after oral surgery and tends to reach its peak in 24-48 hours. Elevate your head and place an ice pack over the affected area. Ice 20 minutes on and 20 minutes off for the first 36 hours after surgery to help reduce the amount of swelling. A bag of frozen peas or corn works well.

Diet: For the first 24 hours following surgery, diet should consist of soft and/or liquid foods. Fluids are important to prevent dehydration. Let your comfort level guide your diet. Avoid particulate foods, such as peanuts, sesame seeds or popcorn for 2 weeks.

Bleeding: Bite on gauze for about 30 minutes after surgery and replace the gauze as needed if oozing persists. You may gently rinse your mouth to freshen it. Vigorous mouth rinsing should be avoided for 2 days after surgery.

Tea Bags: These may be used for persistent bleeding by placing a moistened tea bag over the area and biting down firmly for 10 minutes. Repeat as needed.

Nausea can be a side effect of taking narcotic pain medications. If you experience nausea, minimize the amount of the narcotic pain pill, if any, taken. Drink small amounts of fluids often, such as Gatorade, juice, or iced tea.

If an anti-nausea medication has been prescribed, use it in this way:

1. Have a lite meal (yogurt, scrambled eggs, applesauce)
2. Take a nausea pill

3. Wait 30 minutes prior to taking narcotic pain medication

Constipation is a common side effect of taking narcotics. You can take OTC stool softeners, if necessary, to have a bowel movement.

Bruising: Discoloration of the face and neck may occur several days after oral surgery and will resolve itself. Heat packs may be used after 36 hours to help resolve the bruising.

Good oral hygiene promotes better healing! Begin gentle tooth brushing the day after surgery or whenever you are comfortable. If you have received a prescription for a mouth rinse, use it as prescribed.

Lower wisdom tooth sockets can be gently irrigated beginning 72 hours after surgery. If you were given an irrigation syringe, gently rinse out each lower socket with warm, slightly salty water, after each meal. The openings to the lower sockets are just beyond the last molar, slightly to the cheek side. You can stop irrigating when the hole fills in, which is usually within two to three weeks.

Sutures: Most sutures dissolve away over the course of a week. Some sutures are designed to stay in place until removed by your doctor.

Call 911 for any serious reactions such as excessive bleeding, respiratory distress, or rapidly expanding swelling with difficulty in swallowing or breathing.

Please call the office at **503-224-1371** if you experience severe bleeding, a fever over 101.5 F degrees, persistent nausea or vomiting, or numbness that does not fade away within **2 days**.

Instructions for the Patient's Ride Home

The ride must **stay in the waiting room** during the duration of the surgery. If they need to step out for a moment, they must leave their cell phone number with our front desk staff.

Once the surgery is complete, the doctor will come out to the waiting room and speak with the ride. They will explain how the surgery went and review post op instructions.

After talking with the doctor, the ride will need to **move their car** to our designated surgery pick up area. There are two parking spaces with signage at the end of our building (near 18th Street). Once we see the car there, our oral surgery assistant will bring the patient down in a wheelchair.