

MEYER CLINIC

POST OPERATIVE INSTRUCTIONS



We would like to thank you for choosing us to perform your oral, facial or implant surgery. We are committed to providing quality post-operative care following your surgical procedures. Therefore, we have provided some basic post-operative care instructions; please refer to them to assist you through this difficult period.

IN ADDITION, FEEL FREE TO CONTACT THE OFFICE AT ANY TIME:

ARLINGTON 📞 (703) 483-9591

GAINESVILLE 📞 (703) 753-7933

THE DAY OF SURGERY

1. PAIN FOLLOWING SURGERY will be the most severe 6-8 hours after the operation. When possible, take a pain reliever (either prescribed or over the counter) BEFORE the numbness has worn off. To limit the amount of pain, we suggest taking 3-4 tablets of 200 mg Motrin/Ibuprofen/Advil. Repeat every 6 hours (if taking 600 mg) or 8 hours (if taking 800 mg) as necessary. If you cannot take NSAIDs, then take (2) 365 mg Tylenol/acetaminophen. If you have to take the prescribed pain medication, start in small doses, and only after eating some food. All pain medications have the ability to cause severe nausea and vomiting. It is very important that you have some food in your stomach before you take them.

Please do not drink alcoholic beverages while taking pain medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 24-72 hours, sometimes peaking on the third post-operative day. Relief should begin on the fourth post-operative day. Persistent or increasing pain 3-5 days following oral surgery may be caused by early loss of the blood clot (dry socket) or infection. If you feel that this may be happening to you, please contact us immediately so the surgical site may be re-evaluated.

TO REPEAT, TAKE PRESCRIBED MEDICATION OR (3-4) TABLETS OF 200 MG MOTRIN/IBUPROFEN/ADVIL BEFORE THE NUMBNESS WEARS OFF.

2. DO NOT DISTURB THE AREA OF SURGERY. The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing, excessive spitting, or rinsing for the first 72 hours (three days) as initial healing may be delayed, active bleeding restarted, or infection introduced. However, it is generally recommended to brush your tongue and teeth to maintain oral hygiene.

3. Expect minor bleeding or OOZING from the operative site. This bleeding may continue throughout the first day. For the first hour, keep firm pressure on the area of surgery by biting on the gauze sponge placed in your mouth at the office. If bleeding persists, continue constant pressure on a fresh gauze sponge for an additional 30 minutes. Biting on a moist tea bag wrapped in gauze may help control persistent oozing from the surgical site. Tea has an ingredient called tannin that promotes blood clotting.

4. LIMIT PHYSICAL ACTIVITY during the first 24-48 hours after surgery. Over exertion may lead to post-operative bleeding, and discomfort. When you lie down, keep your head elevated at least 45 degrees on a pillow.

5. SWELLING RELATED TO THE SURGICAL PROCEDURE usually develops during the first 12-24 hours following surgery, often peaking on the third post-operative day. It should begin to subside by the fourth day after your surgery, but could take up to a week. Swelling can be minimized a great deal by putting an ice pack on the side of your face for 30-45 minutes every hour while you are awake. Please maintain this during the first 72 hours (three days) following the surgery unless you receive special instructions. Anti-inflammatory medications, such as Motrin/Ibuprofen/Advil and steroids (if prescribed), also may help decrease swelling.

6. FLUID INTAKE/NUTRITION IS VERY IMPORTANT. We suggest you start with clear carbonated beverages, such as: Ginger Ale, Seven-Up, or Sprite. Once your stomach is settled, you can advance to other fluids such as water, teas, cool broth, cool soups, or juices as tolerated. Please avoid hot liquids until the numbness has worn off, and the bleeding has stopped. Warm food and drink can stimulate more bleeding by expanding the blood vessels. You should try to maintain a normal fluid balance, to assist in the healing process, please contact us if you have any question regarding your post-operative diet.

7. AVOID USING A STRAW to ingest milk shakes or thick beverages, as it may cause the blood clot to dislodge and delay healing. Try to avoid generating excessive negative pressure.

8. FOOD SELECTION is largely a matter of your choice. Soft, cool foods that require little or no chewing are most easily tolerated initially. A nutritious diet throughout your healing process is very important to your comfort and to assist your immune system. Since you will be taking medication it is important to remember that eating can prevent nausea sometimes associated with certain medications.

IF VOMITING OCCURS PLEASE DO NOT INGEST WATER AFTER YOU VOMIT, USE AN ACIDIC BEVERAGE TO RETURN YOUR STOMACH TO AN ACIDIC LEVEL. WATER WILL ONLY ENCOURAGE FURTHER VOMITING, GINGER ALE OR SPRITE ARE RECOMMENDED, PLEASE CONTACT THE OFFICE IF EXCESSIVE NAUSEA AND VOMITING CONTINUES.

Ensure, Carnation Instant Breakfast and yogurt supply excellent added nutrition. If you choose to add foods like soup, mashed potatoes, broiled vegetables and macaroni and cheese that are typically served hot, REMEMBER TO EAT THEM COOL OR COLD. WARM FOODS AND DRINKS WILL STIMULATE BLEEDING. It is strongly encouraged to add a multivitamin to your post-operative regimen.

9. Take any special medication such as antibiotics we have prescribed on the specified dosing schedule. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion (as directed). If you are given antibiotics and take birth control pills, you should be aware that the birth control pill may become ineffective, therefore please consider alternative contraception measures.

10. Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.

11. TRY TO AVOID SMOKING COMPLETELY, as it tends to slow the healing process, and may also contribute to development of a dry socket, infection, or increased, and prolonged discomfort.

12. DO NOT DRIVE AN AUTOMOBILE for 24 hours following your surgery if you have had general anesthesia, or if you are taking a narcotic pain medication.

THE DAY FOLLOWING SURGERY & THEREAFTER

1. On the morning of the day following surgery, rinse your mouth carefully with a solution made by adding 1/2 teaspoon of salt to a large glass of warm water. Repeat three times a day for 1 week post-operatively. Resume brushing any remaining teeth and your oral hygiene as soon as possible. Do not avoid brushing as this will cause more inflammation in the area. Please do not use a syringe or water pick to aggressively rinse during the first week. This can dislodge the blood clot.
2. Do not worry about the stitches. Stitches (also known as sutures) are usually placed to control bleeding, aid healing, and prevent food from collecting in the surgical site especially for lower teeth. The sutures we use typically dissolve in 5-7 days.
3. Any swelling, soreness, or stiffness in the jaw muscles can be relieved by applying a warm moist towel to the affected side of the face several times a day. Moist heat should be used after the first 24 hours. If swelling, tenderness, or pain should increase after the first three days post-operatively, please contact the office.
4. Sometimes a soft diet may be necessary for the first few days following surgery. Most patients are able to resume regular food intake within a short time.
5. Bruising marks may appear on the skin of the face during the first few days after surgery. Moist heat application will help relieve this condition.
6. A slight elevation in temperature or fever (up to 102 F) is normal in the first 24-48 hours.
7. Sensitivity may develop in the adjacent areas to the surgical site, especially if a tooth or teeth were surgically removed. Adjacent teeth may become sensitive, this will resolve in approximately 2 weeks.
8. An ear ache may develop, this is referred pain, and can be felt anywhere in the facial region after surgery. It is normal, and will resolve shortly.
9. A sore throat may develop.
10. If the corners of the mouth were stretched during surgery, they may become dry, and crack. Keep your lips moist during the post-operative period to prevent this.

Compliance with these instructions will add to your comfort and your recovery. We suggest you follow these instructions carefully to avoid complications which lead to unnecessary discomfort and delayed recovery. Should any undue reaction or complications arise, notify the office immediately.

IRRIGATION INSTRUCTIONS

Fill an 8-oz glass with water and 1-tsp. of salt. Mix thoroughly. Draw up into syringe, and gently irrigate at extraction site after each meal and before bedtime. Continue for 1-2 weeks until wounds are healed. If you have any questions please call us.

PLEASE FEEL FREE TO CALL THE MEYER CLINIC TO DISCUSS YOUR SURGERY, WE ARE HERE TO ASSIST YOU.