



SILICON VALLEY  
SMILE SOLUTIONS  
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## Oral Surgery Instructions

### Before Surgery:

1. Discontinue alcohol consumption from two days before surgery.
2. Have all your prescriptions filled and follow the instructions prior to taking them.
3. Have ice packs on hand.
4. Have high protein soft foods and plenty of liquids on hand. (i.e., yogurt, eggs, cheese, fish, etc)
5. Get a good night sleep the night before your surgery.
6. If there are any questions about your medications, be sure to bring in your medications to your appointment, so we can further assist you.
7. Wear comfortable clothing the day of your surgery.
8. Your comfort is our priority. Bring your favorite movie DVD, audio, or video ipod to your appointment for your relaxation during your appointment
9. If you are on any oral sedation or narcotic pain medications, please be sure you have a ride to our office and back home.
10. On the day of surgery, be prepared to take the remainder of the day off, so you can go home and rest as necessary.
11. In most cases, we anticipate our patients to be able to resume their work within a day or two following their surgical appointment.

# After Surgery:

## Bleeding

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for 30 minutes. Repeat if necessary. If bleeding continues, bite on a moistened tea bag for 30 minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. To minimize further bleeding, do not become excited, sit upright, and avoid exercise. If bleeding does not subside, call for further instructions.

## Pain

For moderate pain, one or two tablets of Tylenol or Extra Strength Tylenol may be taken every three to four hours or ibuprofen (Motrin or Advil) two to four 200 mg tablets may be taken every four to six hours. Do not take more than 4 gm of Tylenol per day.

For severe pain, take the tablets prescribed as directed. The prescribed pain medicine will make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

Avoid disturbing the extraction site. Chew on the opposite side to avoid food getting into the site. Do not spit, smoke or suck liquids through a straw, as this motion can dislodge the clot that needs to form over the tooth socket. If the clot comes out, it results in a very painful dry socket and you will need to see Dr. HagShenas a few times to put a dressing on the area to relieve the pain.

## Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery. The swelling will not become apparent until the day following surgery and will not reach its maximum until two to three days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. Two plastic bags filled with ice, or ice packs should be applied to the sides of the face where surgery was performed. The ice packs should be left on continuously while you are awake. After 48 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. Three days following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling.

## Diet

Drink plenty of liquids after sedation and surgery. Do not use straws when drinking from a glass. The sucking motion can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical site(s). High

calorie, high protein intake is very important. Try to maintain a normal diet. You should prevent dehydration by taking fluids regularly. Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake. At least five to six glasses of liquid should be taken daily. Try not to miss a single meal. You will feel better, have more strength, less discomfort, and heal faster if you continue to eat.

***SOME SUGGESTED FOOD:***

- Oatmeal, cream of wheat
- Eggs-soft-boiled, scrambled, etc.
- Soups
- Pasta
- Cottage cheese, yogurt, jello, pudding, ice cream
- Bananas, applesauce, soft vegetables (steamed)

## **Keep Your Mouth Clean**

No rinsing of any kind should be performed until the day following surgery. The day after surgery you should begin rinsing at least five to six times a day with a cup of warm water mixed with a teaspoon of salt especially after eating. Dr. HagShenas may prescribe an antibiotic rinse (Chlorhexadine, Periogard, or Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day will cause staining of your teeth.

## **Discoloration**

In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur two to three days post-operatively. Moist heat applied to the area may speed up the removal of the discoloration.

## **Antibiotics**

If you have been prescribed antibiotics, take the tablets or liquid as directed. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call the office if you have any questions.

## **Nausea & Vomiting**

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on 7-Up, tea, or ginger ale. You should sip slowly over a 15-minute period. When the nausea subsides, you can begin taking solid foods and the prescribed medicine.

# After Wisdom Teeth Removal

The removal of impacted teeth is an invasive surgical procedure. Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.

## Immediately Following Surgery

- The gauze pad placed over the surgical area should be kept in place for a half hour. After this time, the gauze pad should be removed and discarded.
- Vigorous mouth rinsing or touching the wound following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic wearing off.
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
- Place ice packs to the sides of your face where surgery was performed. Refer to the section on Swelling for an explanation.

## Other Complications

- If numbness of the lip, chin, or tongue occurs there is no cause for alarm. As stated before surgery, this is usually temporary in nature. You should be aware that if your lip or tongue is numb, you could bite it and not feel the sensation. So be careful. Call Dr. HagShenas if you have any questions.
- A slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol or ibuprofen should be taken to reduce the fever.
- You should be careful going from the lying down position to standing. You were not able to eat or drink prior to surgery. Taking pain medications can make you dizzy. You could get light headed when you suddenly stand up. Before standing up, you should sit for one minute and then get up.
- If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.
- Sore throats and pain when swallowing are not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will subside in two to three days.
- Stiffness (trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event that will resolve in time.
- CAUTION: If you suddenly sit up or stand from a lying position, you may become dizzy. If you are lying down following surgery, make sure you sit for one minute before standing.

# After Removal of Multiple Teeth

Some bleeding is to be expected following the operation. If bleeding occurs, place a gauze pad directly over the bleeding socket and apply biting pressure for 30 minutes. If bleeding continues, a moist tea bag can be used for 30 minutes. If bleeding occurs, avoid hot liquids, exercise, and elevate the head. If bleeding persists, call our office immediately.

Use ice packs (externally) on the same side of the face as the operated area. Apply ice for 48 hours. Apply ice continuously while you are awake.

For mild discomfort use aspirin, Tylenol or any similar medication; two tablets every three to four hours. Do not take more than 4 gm of Tylenol per day. Ibuprofen (Advil, Motrin) 200mg can be taken two to three tablets every four to six hours.

For severe pain, use the prescription given to you. If the pain does not begin to subside in two days, or increases after two days, please call the office. If an antibiotic has been prescribed, finish your prescription regardless of your symptoms.

Drink plenty of fluids. Drink at least six glasses of liquid the first day. Do not use a straw.

Do not rinse your mouth for the first post-operative day, or while there is bleeding. After the first day, use a warm salt-water rinse every four hours and following meals to flush out particles of food and debris that may lodge in the operated area (One teaspoon of salt in a glass of lukewarm water). Dr. Townsend may prescribe an antibiotic rinse (Chlorhexadine, Periogard, or Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day will cause staining of your teeth.

Restrict your diet to liquids and soft foods that are comfortable for you to eat. As the wounds heal, you will be able to advance your diet.

The removal of many teeth at one time is quite different than the extraction of one or two teeth.

## Wearing your Prosthesis

An immediate denture or partial denture may be inserted after removal of multiple teeth. Sometimes the bone must be shaped and smoothed prior to the insertion of a denture. If so, the following conditions may occur (all of which are considered normal):

- The area operated on will swell, reaching a maximum in two to three days. Swelling and discoloration around the eye may occur. The application of a moist warm towel will help eliminate the discoloration. The towel should be applied continuously for as long as tolerable beginning 48 hours after surgery (remember ice packs are used for the first 48 hours).

- A sore throat may develop. The muscles of the throat are near the extraction sites. Swelling into the throat muscles can cause pain. This is normal and should subside in two to three days.
- If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment like Vaseline. There may be a slight elevation of temperature for 24-48 hours. If temperature continues, notify the office.
  
- Do not remove immediate denture unless the bleeding is severe. Expect some oozing around the side of the denture.
  
- If immediate dentures have been inserted, sore spots may develop. In most cases, Dr. HagShenas will see you within 24-48 hours after surgery and make the necessary adjustments to relieve those sore spots. Failure to do so may result in severe denture sores, which may prolong the healing process. After you have seen your dentist for denture adjustment, take out denture and rinse three to four times a day.

## Finally

Sutures may be placed in the area of surgery to minimize post-operative bleeding and help healing. Sometimes they become dislodged. This is no cause for alarm. Just remove the suture from your mouth and discard it. The sutures are usually the type that dissolves in 1 – 2 weeks. If a suture lasts longer or is bothering you then it can be removed. The removal of sutures requires no anesthesia or needles. It takes only a minute or so, and there is no discomfort associated with this procedure. It's really nothing to worry about.

The pain and swelling should subside more and more each day following surgery. If your post-operative pain or swelling worsens or unusual symptoms occur, call the office for instructions.

There will be a cavity where the tooth was removed. The cavity will gradually fill in with new tissue over the next month. In the meantime, the area should be kept clean especially after meals with salt-water rinses or a toothbrush.

Your case is specific to you! No two mouths are made alike. Do not accept well-intended advice from friends. Discuss your problem with the persons best able to effectively help you: Dr. HagShenas.

Brushing your teeth is okay – just be gentle with the surgical sites.

A dry socket is when the blood clot gets dislodged prematurely from the tooth socket. Symptoms of pain at the surgical site that is aching or throbbing may occur two to three days following surgery. Call the office if this occurs.

If you are involved in regular exercise, be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.