

Bruising

Following any surgical procedure bruising may result from the accumulation of blood in the tissue. It is normal, but will be more prominent in thin or fair skinned individuals. It may extend from the surgical site downward and will resolve spontaneously in about 10 days. You may apply moist heat to the affected area for about 20 minutes every hour to hasten its removal.

Rinsing

Rinsing with warm salt water is the single most important step to rapid healing.

Cleanliness after surgery is important for a rapid and uncomplicated recovery. Continue rinsing four times a day for the next 2 weeks.

Eating

A soft diet, avoiding hot liquids, is recommended for the first 24 hours after surgery. Try not to skip a meal. Resume your normal diet when possible. If you are diabetic YOU MUST EAT and test your glucose every 2 hours for the next 6 hours.

Nausea

If you develop nausea (vomiting) it is most likely due to a pain medication that contains a narcotic such as Vicodin (hydrocodone). Do not take pain medication on an empty stomach. Try drinking some flat Coca-Cola (stir out the carbonated bubbles). If you continue to have nausea, discontinue taking this medication and begin taking Motrin® (Ibuprofen) 600 mg every 6 hours. Make sure you eat before taking any pain medication.

If you continue to have nausea call the on-call doctor for instructions.

Other precautions:

No Swimming underwater for 1 month following extractions.

No flying in airplanes for 2 weeks following upper extractions.

Avoid sucking through straws for 2 weeks with upper extractions.

Emergencies

Before you call the on-call doctor for postoperative problems, please check our website;

www.jawsurgeon.com

where you can find answers to many frequently asked questions.

If you are in need of emergency treatment or advice, call

617-277-6700 Ext: 800

You will then receive instructions on how to page the on-call doctor.

If you feel that you need urgent attention go to the [Newton-Wellesley Hospital Emergency Room](#) or the [Beth Israel Hospital Emergency Room](#) and tell them your are my patient.



Adult Postoperative Care Instructions

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Day One

Bite with continuous pressure on gauze for about 45 minutes or until your bleeding stops. Change the gauze if needed.

Use Ice packs for the first 4 hours
20 minutes on/20 minutes off.

Take your prescriptions and resume all your normal medications.

No rinsing or spitting for the first 24 hours.

No exercise. No driving or hazardous tasks for 24 hours if you have had general or IV anesthesia.

Day Two - Day Seven

Rinse with warm salt water every 1 to 2 hours.
Use 1/2 tsp of salt in a glass of warm water.

Do not use ICE !! You may use warm packs if they make you feel more comfortable.

Use the plastic syringe to 'irrigate' the sockets with warm saline. The idea is simply to flush out any food left after eating. Do this in the LOWER jaw extraction sites only. Just place the tip of the syringe over the area and squirt hard enough to flush out the debris.

NO SMOKING EVER !

Pain Medication

It is normal to experience discomfort over the first four days that requires pain medication. **Discomfort usually peaks at the third day postoperatively.**

Take the medication prescribed for you and continue taking it "by the clock". Do not wait for the pain to recur before taking your next dose. The initial dose will take 45 minutes to become effective. For mild discomfort you may switch to Tylenol® or Motrin®.

When taking the tablets or capsules be sure to drink at least a full 8-oz. glass of water to help prevent an upset stomach.

What to do if you are still in pain

If you are still in pain you may add Motrin® (Ibuprofen) or Alleve® or a Tylenol® to your dose of prescription pain medication. These are over-the-counter medications that you can obtain at any drugstore.

My Stitches Broke !!

No need to worry. If one or two stitches break do not call us. It is not an emergency and you will heal up just fine.

Smoking

If you smoke within a week after surgery.....you will not heal. Period. You will likely develop an infection, "dry socket", or worse. Don't call us for more pain medication if you smoke even one cigarette.

Diabetics

It is IMPORTANT that you eat meals immediately following surgery and monitor your blood sugar every few hours following surgery. Adjust your insulin regimen as per your physician's instructions or the instructions given to you by Dr. Orden. If you feel light headed,

or your blood sugar drops below 100mg% then you must immediately take steps to correct your hypoglycemia or immediately go to the nearest emergency room.

Rash or Hives

If you develop hives, wheezing, or a rash please call the on call doctor for instructions.

Bleeding

It is normal to have some minimal bleeding, pink or red saliva, or clot formation during the first 24 hours. Do not be alarmed. **Maintain pressure** over the site with a moistened gauze pad for one hour. If bleeding is excessive, place a thumb size roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. Repeat if necessary; if bleeding remains uncontrolled call the office.

Swelling

Following any surgical procedure, you can expect swelling to develop. It will usually become more pronounced over the first 3 days.

Do NOT use ICE after the first day !

How come I am more swollen today?

Your swelling will reach a maximum on the 3rd day following surgery and then diminish rapidly.