

FISHBEIN ORAL AND MAXILLOFACIAL SURGERY

Dr. Gary Fishbein

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ORAL SURGERY POST-OPERATIVE INSTRUCTIONS

- **Bleeding:** Bleeding/oozing is normal for a few hours after surgery. If persistent bleeding occurs, place gauze pads (or a tea bag if you do not have gauze pads) over the bleeding socket and bite down firmly for one hour. Change gauze when saturated. You may repeat this process until the bleeding stops. If excessive bleeding does not stop please call our office for further assistance.
- **Pain:** It is normal to have moderate to severe pain for 2-3 days. If you are allowed to take Motrin (ibuprofen), Advil, Aleve or any other NSAID product, please do so. If these medications do not alleviate the pain, then you can take the prescribed narcotic medication (Tylenol #3, Vicodin, Percocet) in between the doses. If you are taking Vicodin or Percocet, do not take additional Tylenol because these medications contain Tylenol.
- **Swelling:** You are expected to have moderate to significant amount of swelling with or without bruising for 4-7 days (especially if you had full mouth extractions or bottom wisdom teeth extracted). To minimize swelling, apply a cold compress such as an ice bag (ice wrapped in a towel or even a frozen bag of peas on your face or cheek over the surgical area for 20 minutes on and 20 minutes off. You should repeat this process as frequently as possible for the first 12 hours.
- **After extractions of teeth:** No smoking, rinsing, spitting, use of straws (while drinking) or any strenuous activity for 24-48 hours to minimize the chance of a “dry socket” (loss of blood clot). After 2 full days, rinse mouth gently with warm salt water (glass of warm water with 1/2 teaspoon of salt) twice a day and after meals. Soft food diet for 48 hours (no peanuts, pretzels, chips, or rice) and then advance to normal food as tolerated.
- **Prescription Medications:** Follow the directions for your prescription medication(s) very carefully. Antibiotics should be taken as directed until finished, and not

based on how you feel. If you do not have pain you do not need to take pain medication.

- Dentures: If you are receiving a denture and it is placed in your mouth following surgery do not remove it unless there is profuse bleeding. In this case, remove the denture and follow the instructions above for bleeding. If bleeding is controlled, you may put your dentures back in. If there is only minimal bleeding after surgery, wear your dentures for 24 hours until your appointment the next day with the dentist unless otherwise instructed by your dentist.
- *Complications: During normal work hours*: Please call the office for general questions, scheduling, check up appointments, or for additional pain or antibiotic medications.

If there is a TRUE dental/medical emergency (such as uncontrollable bleeding or difficulty swallowing or breathing), please call Dr. Fishbein directly at (860) 872-8331 or call 911 for immediate medical attention and proceed to the nearest hospital.