

**Post-operative Instructions**  
**North Tarrant Oral and Maxillofacial Surgery**  
**Glenn Green, DMD**  
**(817) 237-7557**

*Please read the following instructions:*

**SWELLING:**

- To prevent swelling use constant ice or gel packs wrapped in a cloth and then applied to the skin around the jaw for the first 24 to 36 hours after oral surgery.

**BLEEDING:**

- Gauze is placed in the mouth by the doctor after surgery.
- The gauze is to be removed within an hour and is NOT to be replaced.
- If bleeding persists place a damp tea bag at the site and gently bite down for 30 minutes. It can be repeated at 30 minute intervals if needed
- DO NOT spit or rinse

**TOBACCO:**

- DO NOT use tobacco products until the surgical site has healed, 5-14 days. Tobacco adversely affects healing and is the primary cause of pain.
- Nicotine patches, gum, or lozenges are encouraged to be used in place of tobacco products.

**DIET:**

- A cool liquid and soft food diet is recommended for the day of surgery. Be careful when eating immediately after surgery as you may still be numb. Go slow but DO eat.
- After the first day, getting back to a normal solid food diet is encouraged. Also, the more chewable foods you eat, the more exercise you are giving to your jaw muscles.
- NO bubbly or carbonated drinks for 3-4 days following surgery.
- DO NOT use alcohol for 3-4 days following surgery.

**CARE OF SURGICAL AREA:**

- If given an irrigating syringe, start irrigation on the third day following surgery
- Fill the syringe with warm salt water, and cleanse the extraction site. Use ½ teaspoon of table salt for each full glass of water. Place tip of syringe into the incision site to clean.
- Do this 3-4 times a day for 2 weeks, and then gradually less frequently as the sites begin to heal
- If there is pain after irrigation with salt water, mix warm water and Chloroseptic together and then irrigate. This will help with any discomfort.

**PAIN:**

- Pain may occur 3-5 days following surgery due to food collecting in the extraction sites. This is why cleaning inside the jaw site with the syringe is very important.
- The amount of discomfort that occurs will vary on the amount of surgery performed for the first 2-4 days.
  - Pain is usually well controlled by regular doses of Ibuprofen or Etodolac and occasional doses of Hydrocodone or Ultram.
- Be sure to have food or liquids in your stomach before taking any of the prescribed medications.

**DRY SOCKET:**

- Dry sockets are caused by the loss of a blood clot in the extraction site. They are accompanied by a distinct odor and persistent pain in the jaw area that radiates up toward the ear.
- First try irrigating with the syringe either with warm salt water or Chloroseptic mixed with water.
- Call our office and schedule a time to come and be evaluated if you think you may have a dry socket.

**NUMBNESS:**

- The loss of sensation of the lip and chin may occur. It is usually temporary and feeling returns in a few days, weeks, or months.
- On occasion the loss of sensation can last weeks due to the close association of the roots of the teeth and the nerve that supplies sensation to the areas described above.

**BRUSHING AND RINSING:**

- DO NOT brush or rinse your mouth the day of the surgery.
- The day following surgery you must resume brushing and flossing of all gums, teeth and sutures.
- Brush gently around the surgical area.
- Rinse with salt water 6-8 times per day for 3 days.
- Do use the mouth rinse prescribed to you for brushing only, alternate with toothpaste.

**MEDICATIONS(SPECIAL INSTRUCTIONS):**

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