



# ORAL & MAXILLOFACIAL SURGERY

## OF THE PALM BEACHES

### Post-Operative Instructions

*Please Read These Instructions Carefully*

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. However, when in doubt follow these guidelines or call our office for clarification. Our office phone numbers are: West Palm Beach (561) 689-2600 or Palm Beach Gardens (561) 624-3800.

#### **Day of Surgery**

First Hour: Bite down gently but firmly on the gauze packs that have been placed over the surgical area, making sure they remain in place. **DO NOT** change them for the first hour unless the bleeding is uncontrolled. The packs may be gently removed after one hour. If active bleeding persists, place 2 to 3 new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes). It is best to moisten (not soak) the gauze with tap water and loosely fluff for more comfortable positioning.

Exercise Care: Do not disturb the surgical area today. **DO NOT** rinse vigorously or probe the area with any objects. No brushing of teeth for 24 hours. **PLEASE DO NOT SMOKE** for at least 48 hours, since this is very detrimental to healing and may cause a delayed healing.

Oozing: Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

Persistent Bleeding: Bleeding should not be severe. If so, it usually means that the packs are being clenched between the teeth and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in water, squeezed damp-dry and wrapped in a moist gauze) for 20 to 30 minutes. If bleeding remains uncontrolled, please call our office.

Swelling: Swelling is often associated with oral surgery. It can be reduced by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the face adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 24 hours after surgery. Maximum swelling typically takes 24-48 hours to develop. It may be followed by bruising. **PLEASE DO NOT APPLY ICE 24 HOURS AFTER SURGERY.** If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

Pain: Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. If you take the first pill before the local anesthetic has worn off, this may help you better manage any discomfort. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement each pain pill with an analgesic such as Tylenol or Ibuprofen. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. **If you anticipate needing more prescription medication after office hours, you must call for a refill during weekday business hours.**

Nausea: Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better.

**Dr. Roger E. Freilich, DMD, PA**  
Diplomate, American Board of  
Oral & Maxillofacial Surgery

1920 Palm Beach Lakes Boulevard, Suite 105  
West Palm Beach, Florida 33409  
(561) 689-2600

**Dr. Rolf B. Wolfrom, DDS, PA**  
Diplomate, American Board of  
Oral & Maxillofacial Surgery

2560 RCA Boulevard, Suite 102  
Palm Beach Gardens, Florida 33410  
(561) 624-3800



## ORAL & MAXILLOFACIAL SURGERY OF THE PALM BEACHES

**Diet:** Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Do not use a straw for the first 2 days after surgery. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk, shakes, etc.). It is best avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a **DIABETIC**, maintain your normal eating habits or follow instructions given by your doctor.

**Sharp Edges:** If you feel something hard or any sharp edges in the surgical areas it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

### **Instructions for the Second and Third Days**

**Mouth Rinses:** Keeping your mouth clean after surgery is essential. Use ¼ teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking 5 minutes to use the entire glassful. Repeat as often as you like, but at least 2 or 3 times daily.

**Brushing:** Begin your normal oral hygiene routine the day after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

**Healing:** Normal healing after a tooth extraction should be as follows: The first 2 days after surgery are generally the most uncomfortable and there is usually some swelling. On the 3<sup>rd</sup> day you should be more comfortable, although still swollen, you can usually begin a more substantial diet. Bleeding may occur a few days after the procedure. **The remainder of the post-operative course should be a steady, but gradual improvement.** If you do not see continued improvement, please call our office.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office where you had surgery. A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster to your question or concern. PLEASE NOTE: telephone calls for narcotic (pain killer) prescription renewal are **ONLY** accepted during office hours.

**Dr. Roger E. Freilich, DMD, PA**  
Diplomate, American Board of  
Oral & Maxillofacial Surgery

**Dr. Rolf B. Wolfrom, DDS, PA**  
Diplomate, American Board of  
Oral & Maxillofacial Surgery

1920 Palm Beach Lakes Boulevard, Suite 105  
West Palm Beach, Florida 33409  
(561) 689-2600

2560 RCA Boulevard, Suite 102  
Palm Beach Gardens, Florida 33410  
(561) 624-3800