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Oral and Maxillofacial Surgery
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INSTRUCTIONS FOLLOWING ORAL SURGERY

1. Women taking BIRTH-CONTROL PILLS should be aware of recent evidence suggesting that any drugs administered or taken (antibiotics, anesthetics, pain medications, etc.) may decrease the effectiveness of birth-control pills. As a precaution, additional means of birth control are recommended for the remainder of your current menstrual cycle.
2. For the CONTROL OF PAIN, take the pain medication as prescribed. The first dose should be taken before the local anesthetic ("novocaine") wears off, which will "keep you ahead" of the pain. If you wait for the local anesthetic to wear off before taking a pain medication, you may have a period of discomfort while waiting for the medication to take effect. If desired, an over-the-counter pain pill, such as Advil or Tylenol, may be substituted for your pain prescription at any time following surgery if you are normally able to tolerate these medications. The anesthetic and prescription drugs that you have been given may cause drowsiness. Do not operate any vehicle or hazardous device or do any activity that requires alertness until the day after surgery, or until you are no longer taking the prescription pain pills, whichever is longer.
3. If you are sent home with GAUZE PACKS over the surgical areas, bite down firmly but gently on them. Do not change them for the first hour unless the bleeding is not controlled. If active bleeding persists, place enough new gauze to obtain pressure directly over the surgical site for another 30 minutes. The gauze may then be changed as necessary. If bleeding persists, the process should be repeated. The bleeding should be slowing down on the night of surgery, but it is not unusual to have a small amount of blood on your pillow the following morning or the taste of blood in your saliva on occasion for a few days.
4. PERSISTENT BLEEDING: Bleeding should never be severe. If it is, it usually means that the packs are being clenched between teeth only 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 hot water, squeezed damp-dry and wrapped in a moist gauze) for 20-30 minutes. If bleeding remains uncontrolled, please call our office.
5. DIET is regulated by the comfort of chewing. Liquids should always be taken freely, but do not suck through a straw for the first 24 hours. If you have a malt, use a spoon. Begin drinking and/or eating as soon as you feel comfortable doing so. Start slowly on the day of surgery with liquids and soft foods and slowly work yourself up to a normal diet, as you feel comfortable doing so. There is less chance of nausea from the pain medication if you have something in your stomach first. SMOKING increases the risk of healing complications and should be avoided

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for at least one week following surgery. STRENUOUS ACTIVITY should be avoided post-surgically for the first 24 hours. Activity may be slowly increased, as you feel comfortable doing so. AVOID ALCOHOL UNTIL ALL MEDICATIONS ARE FINISHED.

6. RINSING OR SPITTING should be avoided on the day of surgery, and if necessary should be done very gently. If you were given a prescription for a mouth rinse (Peridex, Perioguard, or other), rinse gently for the first time before going to bed on the night of surgery, then three times a day for 7-10 days. Excessive rinsing or spitting may cause continued bleeding and oozing.
7. An ICE BAG may be applied to the face directly over the site of the wound for the first 12 hours following surgery; 20 minutes on, 20 minutes off.
8. If you feel HARD OR SHARP EDGES in a surgical area, you are probably feeling the bony walls which once supported an extracted tooth. Small slivers of bone will sometimes work themselves out in the days or weeks following surgery. If they cause concern or discomfort, please call our office.
9. CHILDREN, especially those who have not previously had local anesthetic ("novocaine") should be watched so that they do not bite or chew on their lip while it is numb.
10. Unless you are told otherwise, if any stitches were placed, they will dissolve and do not need to be removed.
11. The following are considered normal:
 - a) Slight and/or intermittent oozing of blood for several hours or overnight.
 - b) Swelling which follows surgery within the first 24-48 hours. The swelling usually doesn't peak until 24-48 hours after surgery and can last for a week or more, but should not increase after the first 48 hours.
 - c) Moderate discomfort that can be controlled by taking the prescribed pain medication or over-the-counter pain medications (Advil, Tylenol, etc.)
 - d) Bruising of skin on the face on the side of surgery.
 - e. A slightly elevated temperature within the first 24 hours.
 - f. Mild nausea that clears within a few hours.
12. This office should be contacted (651-688-8592) for any of the following situations:
 - a) Profuse bleeding that cannot be controlled with firm biting pressure on a gauze dressing placed directly on the surgical site.
 - b) Severe pain that does not begin to improve within 2-3 days following surgery and cannot be controlled with pain medications.
 - c) Swelling which continues to increase after the first 48 hours following surgery.
 - d) A markedly elevated temperature.
 - e) Firmness, swelling or tenderness at the site of the intravenous needle.
 - f) Numbness in your lip that remains for more than one day.
 - g) Anything else that does not seem right or concerns you.

For emergencies, the office number (651-688-8592) is answered 24 hours a day with instructions for contacting Dr. Florine.

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