NEEDHAM ORAL SURGERY
AND IMPLANT CENTER

POST OP SURGERY INSTRUCTIONS

PAIN RELIEF - Take Advil, or Ibuprofen, 2-3 tablets (200mg each) every 6 hours and/or Acetaminophen, or Tylenol 1-2 tablets (325mg for regular strength and 500mg for extra strength each) every 6 hours as needed for pain. Do not exceed 2400mg of Ibuprofen and 4000mg of Acetaminophen per day, or less if your doctor has instructed otherwise. If needed, ADD the prescription medication with some food. DO NOT drive or drink alcohol while taking prescription narcotics. Call the office if the pain level increases after 5-7 days.

ANTIBIOTICS - If prescribed, antibiotics must be finished. IF YOU TAKE BIRTH CONTROL PILLS, you must use alternative forms of birth control for one complete cycle of birth control pills after finishing the course of antibiotics.

OTHER PRESCRIPTION MEDICATIONS - If other medications are prescribed, please take them as directed.

BLEEDING - A small amount of bleeding (up to 2-3 days) is to be expected following oral surgery. To control bleeding, maintain a firm pressure by biting on a piece of gauze placed on extraction site for 30 minutes. Repeat if bleeding persists.

SWELLING - To minimize swelling, apply wrapped ice or cold packs to your face as often as possible (on for 20 minutes, then off for 20 minutes) for the first 2-3 days. Keep your head elevated. After 3 days, switch to moist heat packs.

DIET - Soft foods (pudding, Jell-O, ice-cream) and PLENTY OF LIQUIDS are advisable. DO NOT use a straw for 5-7 days after procedure. Avoid hot liquids and foods for 24 hours after surgery. Return to your normal diet when you are comfortable.

BRUSHING AND RINSING - Avoid surgery sites while brushing and flossing. You may gently rinse (put a small amount of fluid in your mouth, move your head side to side, and let it drip from the side of mouth) with warm salt water (¼ tsp. salt and 8 oz. water) several times a day for 5-7 days. If Peridex/chlorhexidine was prescribed, you may use it starting 2 days after surgery for 1 week only. Follow the instructions on the bottle.

StellaLife Rinse- Gently rinse 3 times per day, starting the day after surgery. Continue using until the bottle is finished.

SYRINGE - If monojet syringe is provided for you, you may use it AFTER 5-7 days with warm salt water to rinse out the lower extraction sites to remove food debris. Please fill the syringe with warm salt water and irrigate the lower extraction site gently. You can do this after eating or twice a day.

SMOKING - Do not smoke for a minimum of 3 days after surgery.

BONE CHIPS - During the healing process, small, sharp fragments of bone may loosen and work their way through the gum. If it is bothersome, call the office to schedule removal.

GENERAL ANESTHESIA - If you have been sedated, DO NOT drive or operate machinery for 24 hours. Your arm might be sore or bruised for several days at the IV placement site.

STITCHES- Stitches placed will dissolve on their own. The timing may vary depending on surgeries and suture type.

AFTER SURGERY

- The areas operated on will usually stay swollen for several days. Bruising may occur.
- Stiffness of the jaw muscles may cause difficulty in opening the mouth. Apply moist heat after 48 hours.
- You may have a low-grade fever, earache, and sore throat for some time after surgery.
- Your other teeth may ache, and your bite may feel altered temporarily.
- If the corners of your mouth are stretched, they may dry and crack. Keep your lips lubricated.
- There will be a hole where the tooth was removed. This space will gradually fill in with new tissue.

IN CASE OF QUESTIONS OR EMERGENCY, CALL 781-671-0001.

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE
NEEDHAMORALSURGERY.COM

- You may feel tired or weak. Limit physical activities to a minimum of 48 hours after surgery.
- Numbness of the lip/chin on the side of surgery may occur. This is most often a temporary condition which will resolve with time. If it persists after 48 hours, please call the office.