



**MURPHY OMS**

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**Most people have a normal steady recovery after Oral & Maxillofacial Surgery.**

**Here are some GUIDELINES to help you recover faster and better without any problems.**

**As a reminder almost everyone will have: some bleeding, discomfort, and swelling.**

#### **OOZING/ BLEEDING OF BLOOD:**

**Bite down firmly on the gauze for 45 min to 1 hr.**

Pressure helps control bleeding. If the gauze becomes saturated, then replace with a moist gauze and FIRM, biting pressure. Intermittent bleeding or **oozing, even overnight, is normal.** "Rebound bleeding" can occur about 6-7 hrs after as numbness wears off and pain increases. If this occurs place fresh, moist gauze over the areas and bite down for another hour. **Persistent bleeding** can often be controlled with a moist **black tea bag placed over the socket.**

**DIET:** Avoid hot foods until numbness wears off. Start by drinking water, then juice then a **liquid or pureed type food.** Then take medications for pain.

**For the first two days / 48hrs remain on a full liquid diet such as pudding, yogurt, milk shakes, etc.** Drink lots of fluids, do not get dehydrated, but **do not use a straw** for the first week after surgery, this can cause a dry socket. Avoid foods like nuts, sunflower seeds, popcorn, etc. for one week; they can get stuck in the socket areas. Gradually progress to solid foods after one week. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

**PAIN:** If you were given a prescription, **try to take the pill with food before the numbness has worn off.** The most pain usually occurs about 6 hours after the procedure, and last into the nighttime and the next day. The pain should get better by the second or third day. Pain can be significantly reduced by **keeping you head elevated** such as sitting in a chair, or sleeping with your head elevated, & taking pain medication every 6 hours on the clock instead of waiting for it to hurt. **For severe pain you can combine Ibuprofen (up to 600 mg) with the Vicodin (Hydrocodone/acetaminophen)** and take it **every 6 hours** on a schedule instead of waiting for it to hurt. If the pain is not too severe you can take Ibuprofen alone or combine it with acetaminophen. **DO NOT combine Vicodin with Tylenol they both have acetaminophen.** Adults can take up to 1000 mg of acetaminophen every 6 hours, with 600mg of Ibuprofen. Or these medications can be alternated every 4-6 hours.

**SWELLING:** Swelling is expected, and usually peaks about the morning of the 3<sup>rd</sup> day. A cold pack, or ice bag applied to the cheeks can help, as well as keeping the head elevated. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery

**STITCHES:** If stitches were placed they are dissolving and will fall out on their own in 3-7 days.

## **POST-OPERATIVE INSTRUCTIONS**

**DO NOT:** disturb the surgical area today.

**DO NOT** rinse vigorously or probe the area with any objects or put your fingers in your mouth.

**DO NOT SMOKE** for 2 days (it will cause dry socket).

**DRY SOCKET PAIN:** About the third or fourth day your pain and swelling should be getting better, If it continues to get worse each day, and not better you likely have a dry socket. The sooner you can call us, the sooner we can take care of your pain. Even on weekends or after hours, the office number will go to either Dr. Murphy or to an answering service to address you issues.

**NAUSEA:** Nausea can be common after surgery, and often related to the medications we have prescribed. **If you take a small amount of soft food and a large amount of fluid you, as well as breaking the pill in half you can often avoid the nausea that may occur with the medication.** Try drinking fluids and minimize dosing of pain medications, but call us if you do not feel better. Cola or Sprite drinks may help with nausea.

**BRUSHING/RINSING:** It's ok to brush you teeth and keep your mouth clean in general, this helps the overall healing, but avoid the area where you had surgery for one week. Gentle rinses with salt water twice per day are best for the first week as well.

**INFECTION:** Infection can occur, but it does not usually happen until about 3-4 weeks after the procedure. With an infection, usually the healing goes well then you develop new soreness, new swelling and possibly drainage that is foul tasting. Please call our office for further evaluation.

**NUMBNESS:** You will be numb for 2-4 hours after the procedure. Be careful not to bite your lip or tongue. If numbness persists beyond 24 hours please call our office for a follow-up visit.

**SHARP BONY EDGES:** If you feel something hard or 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 our office.

**We 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 response to your question or concern. Thank you for allowing the team to assist in your health care needs.**

**PLEASE CALL WITH CONCERNS:  
970-420-6848**