

Walter J. Jung, D.D.S.

Southern Louisiana Oral and Maxillofacial Surgery
8680 Bluebonnet Blvd, Suite C, Baton Rouge, LA 70810
Office: (225) 767-7212 After Hours: (225) 315-6104

DAY OF SURGERY

First Hour: Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not being controlled.

Exercise Care: Do not disturb the surgical site today. **DO NOT RINSE VIOLENTLY** or probe the area with any objects or your fingers. You may brush your teeth gently. **DO NOT SMOKE FOR AT LEAST SEVEN DAYS!** Smoking is very detrimental to healing. **DO NOT USE DRINKING STRAWS.**

Intermittent bleeding or oozing is normal. Bleeding should never be severe. If it is, it usually means that the packs are being clinched between your teeth rather than exerting pressure on the surgical area. Try repositioning fresh packs. If bleeding persists after the first day, or becomes heavy, please contact our office for further instructions. Often there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a thin towel and applied firmly to the face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 12 to 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed. After 24 hours, it is usually best to use moist heat in the same area.

Pain Management: Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication, and if you take the first pill before the anesthetic has worn off, you will be able to manage the discomfort better. Effects of pain medicines vary widely among individuals. If you do not achieve adequate relief, you may supplement each pill with an analgesic such as acetaminophen or ibuprofen. Some people may even require two of the pain pills at one time during the early stages, but that may add to the risk of an upset stomach. Remember that the most severe discomfort is usually within the first six hours after the anesthetic wears off, after that your need for medicine should lessen. Nausea is not an uncommon effect after oral surgery, and is sometimes caused by stronger pain medications. Please drink clear liquids for the first six hours such as water, juice or Gatorade. Refrain from carbonated drinks. Soft foods are ok, just use your best judgment as to what you feel you can tolerate.

INSTRUCTIONS FOR SECOND AND THIRD DAYS

Brushing: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make sure you take every effort to clean your teeth within the bounds of comfort.

Hot Applications: Apply warm compresses to the skin overlaying areas of swelling (hot towels/hot water bottles) applying 20 minutes on and 20 minutes off to help soothe those tender areas after the first day. This will also help decrease swelling and stiffness. **DO NOT USE AN ELECTRIC HEATING PAD** as this may burn your skin. Use only moist heat.

Tips to Remember: Please remove gauze while eating or drinking and replace with fresh gauze afterwards. The sutures (stitches) will usually dissolve and fall out within 3 to 7 days. If the sutures are the type that need to be removed by the doctor, we will let you know to make an appointment to come back and have them removed.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have any questions about your progress, please call the office. If you can, call during office hours, however a 24-hour answering service is available for after hours contact with the doctor for emergencies.