



THE DENTAL SPECIALTY CENTER
ORTHODONTICS • ENDOENTICS • PERIODONTICS • ORAL SURGERY

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Post-Operative Instructions

*****PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY*****

*Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, if you have a question, follow these guidelines or call our office for clarification. Our number is: (877)-422-6257**For After hours emergencies, please call: (609)969-7068***

Day of Surgery

BLEEDING: Up to 24 hours is normal. Change gauze out every 30 min or when it's too wet. WHEN BLEEDING STOPS, NO MORE GAUZE. If excess bleeding is noted, try using TEA BAGS. Stack 2 thick bags and firmly bite hard! If this doesn't help, call our office.

BRUISING: Some patients bruise and some don't.

SWELLING: Swelling is normal. Up to 3-4 days is at its peak. Then it will start to go down. ICE PACK FIRST DAY ONLY, to help with the swelling. Rotate the ice pack from cheek to cheek every 20 min.

LIMITED JAW OPENING: Inability to open mouth wide is common after wisdom teeth extractions. On days 2-5, wet a washcloth and microwave for 30 seconds. Alternate cloth on/off of face every 15 minutes with open and close mouth exercises.

JAW FRACTURE: Due to the jaw being weak post-surgery, high impact sports and hard foods can further weaken the jaw and cause it to fracture. Refraining from contact sports and hard foods for 2 weeks post-surgery can keep this from happening.

PAIN: Expect the greatest amount of pain in the first 48-72 hours. Alternate between the narcotic and nonnarcotic pain medication.

NAUSEA: This is a very common side-effect of narcotics. If you become nauseous after taking the narcotics, switch to just non narcotic medication. If you need any further medication to help with nausea, contact our office.

DRY SOCKET: Avoid getting dry sockets by not letting food get in sockets. Avoid spitting, sucking through a straw, and SMOKING. These things can cause the blood clot to dislodge.

MAINTAINING SURGICAL SITES: Do not disturb surgical sites. No peeking, poking, and stretching lip/cheek out. KEEP TONGUE OFF SITES AND LEAVE SURGERY SITES ALONE! Continuous cheek stretching can cause sutures to tear.

RINSING/SPITTING: If prescribed, start GENTLY rinsing **24 hours post-surgery**. The antimicrobial mouth rinse is to be left in the mouth for 30 seconds with GENTLE spitting 3 times a day.

FOODS/DRINKS: Avoid crunchy, small, grainy, sharp food and any carbonated drinks (Ex: granola, rice, seeds, chips, soda, and orange juice). Start on a soft, cold to room temperature diet for the first 24 hours. (Ex: ice cream, yogurt, pudding, room temperature mashed potatoes, water; GATORADE/POWERADE), soft room temperature to warm soft food after the first 24 hours post-surgery. (Ex: mashed potatoes and soup).

INFECTION: Sign of infection are fever and puss drainage. If this occurs, contact our office.

ALLERGIC REACTION: Hives, redness of skin, itchiness- should be treated immediately with 25mg- 50mg of Benadryl. Contact our office if you experience this. If difficulty breathing, shortness of breath, or sudden lip/tongue swelling occurs, this is an airway emergency. An ER visit is needed IMMEDIATELY.

POSITIONING: Elevate your head on several pillows or lay on a recliner for the first 48 hours post-surgery to decrease swelling.

SUTURES: Sutures typically dissolve within 5-7 days. If they become loose or fall out sooner, do not be alarmed, that is normal. The surgery sites will not need to be re-sutured.



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RECOMMENDED SOFT FOODS

****May vary based on each patient's healing time****

WEEK 1:

- Apple sauce
- Avocado (mashed)
- Broth (chicken, beef, vegetable, etc.)
- Ensure drinks
- Jell-O
- Ice cream (no toppings)
- Mashed potatoes
- Milk shakes
- Popsicles
- Pudding
- Soups (tomato/potato)
- Vegetables (pureed: sweet potatoes, cauliflower, etc.)
- Yogurt

WEEK 2: (includes week 1 foods)

- Eggs (scrambled/poached)
- Beans (baked/refried)
- Creamed vegetables (corn, spinach)
- Fruits (banana, papaya, avocado)
- Grilled cheese
- Hearty soups (lentil, minestrone, vegetable, etc.)
- Hummus
- Macaroni and cheese
- Pastas (spaghe, alfredo)
- Peanut butter and jelly (no crust)
- Ramen noodles

*****FOODS TO AVOID*****

- Alcoholic and carbonated drinks
- Crunchy foods (ex: granola, popcorn, pretzels, potato chips)
- Difficult to chew foods (steak and poultry)
- Grainy foods (ex: rice, grits, etc.)
- Spicy foods (ex: salsa, Tony's seasoning)