

Lakeshore Oral and Maxillofacial Surgery

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Important Care Instructions

Please read carefully and follow instructions completely

After hour emergency only 213-479-9349

Dear Patient: Thank you for giving us the opportunity to serve you and treat you in our offices. You have just undergone an outpatient surgery and hence we would like you to be informed and be well prepared for what lies ahead of you in the next few days and up to several weeks. The healing process, however, often will continue for many months. All patients need to expect some normal post-operative symptoms and I will try to prepare you to deal with most commonly occurring ones. It is critical that you closely follow our instructions and contact us with any questions in order to make your recent surgical procedure and your recovery as comfortable as possible.

- Your doctors and staff at Lakeshore Oral and Maxillofacial Surgery

Diet, oral hygiene and smoking

Diet: Good fluid intake and nutrition are key to optimal healing. Stick to cool, soft diet for the first 24-48 hours after surgery. Ice cream, yogurt, milk

shakes, jello, pudding and lukewarm soups are the best. Avoid, hard, hot and spicy foods for up to a week. Do not use straws.

Oral care instructions: Generally unless otherwise instructed do not rinse or brush your mouth immediately on the day of the surgery. The following day start to gently brush the non-operated areas of your mouth and rinse with warm salt water (1 teaspoon of salt to a cup of water). Continue this for several days after. Denture wearers should keep their dentures in the night after the surgery unless otherwise instructed. After 24 hours please remove the dentures, clean them in the usual fashion and keep them out at night in a cleaning solution.

*Smoking: Do not smoke or chew tobacco after your surgery for a **Minimum** of five days. Nicotine impairs healing. Vaping is also contraindicated after surgery*

Pain: Discomfort and mild to moderate pain must be expected after oral surgery. They usually improve on their own 2-4 days after surgery but we have prescribed medication to help alleviate most of your discomfort. It is advised to take your first dose of pain medication prior to the onset of their symptoms of post-operative pain. Take your medications exactly as prescribed to you. Ice compresses to the treated area may also help to reduce your discomfort. Alternate pain narcotic medication and non-narcotic medication every 3 hours.

Bleeding: It is normal and expected to have some limited postoperative bleeding from your wound for 2-3 days after surgery. Expect some pink colored saliva for even several days. The key to minimizing your post-operative bleeding is application of gauze to the operated site and firm biting pressure exerted to the site for minimum of 1 hour after surgery, without talking, spitting or opening your mouth. After the initial one hour you may still bleed from the surgery site. If so, place an additional gauze pack to site and maintain firm pressure for twenty minutes at a time. Do not

spit. It will make you ooze for much longer than if you just firmly bite on the gauze. If you need additional gauze it is available from most pharmacies.

Swelling: Your body will respond to any surgery with local swelling. The head and neck areas tend to be the worst. Swelling will start after surgery and increase for up to 48 hours. If you continue to have increasing swelling after two days please contact our office. To minimize your swelling you can apply cold compresses (ice packs) to the affected site 20 minutes on and 20 minutes off for 48 hours. Keep your head elevated with extra pillows at night. After two days of your surgery, moist heat compresses should be applied to the area and light jaw opening should be attempted 4-5 times daily. Following this regimen your swelling will be kept to a minimum. Ninety percent of the swelling will resolve within two weeks of most minor oral surgery procedures.

Infection: Any has the potential to become infected. The oral cavity is the most bacteria contaminated place in the entire human body. Fortunately the oral cavity has a great blood supply and capable host defenses. If indicated you will be placed on antibiotics regimen. Not all patients require antibiotics. If you develop hives, rash, upset stomach, or diarrhea discontinue all prescribed medication and contact us immediately.

Bruising: Surgery can sometimes result in some bruising of the face and neck. Although it often looks concerning it is usually not very serious. With several days the skin color will return to normal. Warm moist compresses will help after the second day to increase the resolution of the bruising. The extent of bruising in women and elderly is always greater.

Nausea, vomiting and fever: These signs and symptoms are not uncommon after intravenous general anesthesia and sedation. Patients sometimes may swallow limited amounts of blood after surgery making the nausea more pronounced. These symptoms are common and should

resolve over 24 hours. If you have a persistent nausea or fever please contact our office. We can help by prescribing anti-anxiety medication.

Dry socket: This is a fairly common problem which mostly occurs after removal of the lower back teeth. It is not an infection but rather an inflammation of a slowly healing tooth socket. Typically the initial pain from the procedure resolves and in four to five days after surgery the discomfort returns. There may be an odd smell in your mouth and sometimes the patient will complain of a funny feeling in their stomach. It can be very uncomfortable but fortunately it is easily remedied with a special medicine treated dressings. If you experience these symptoms 4-5 days after your surgery please give us a call. We will be happy to take care of you and get you back on track to fast recovery.

Numbness or tingling in the face mouth: Surgical treatment of upper and lower jaw conditions can result in altered sensation of the surrounding areas. This is mostly a temporary condition and it rarely will continue beyond the several month mark. However, if your sensation is altered please contact our office to get further follow-up care.

Medication

You may have received your medication directly from us, or you may have elected to take the doctor's prescription to a pharmacy. Either way, please begin to take your new medication as soon as possible. The medication will help you recover sooner, experience less discomfort and prevent any post-operative complications. Generally, it is best not to take your medication on an empty stomach, as such is more likely to cause you nausea. If you should experience any evidence of an allergic reaction (ex. Rash, hives or itchiness), or any other adverse drug reactions including protracted nausea or diarrhea, please stop medication and contact our office immediately.

Keep your spirits up!

It is a scientific fact that patients with a positive mental attitude recover quicker and report less post-operative problems.

You have an integral part in your own recovery process.

Maintain a proper diet and take all your medication as prescribed. If you have any questions or concerns please do not hesitate to contact us. Our main concern is your wellbeing. Remember, we always aim to treat our patients the way we would like to be treated ourselves.

Please, follow our professional recommendations very closely. It will help your recovery.

Contact us

Golden Triangle Medical Courtyard

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