

Surgical Care

After surgery: Try not to spit, chew, or talk, for one hour.

Bleeding:

Remove the gauze from your mouth when you get home or within one hour following your surgery.

A new gauze pad may be placed over the surgical site every 30-45 minutes if bleeding persists. Slight oozing may occur for several days. Spitting and hot food makes bleeding worse. **Do not spit.**

If bleeding is a problem:

- ❖ Place a folded piece of sterile gauze, or a tea bag wrapped in gauze, over the bleeding area and bite down for one hour. Repeat if needed. The gauze should be thick enough to prevent teeth from coming together so all the pressure is on the bleeding area.
- ❖ Keep your head elevated above chest level with several pillows.
- ❖ Continue to apply ice (see icing instructions) **ONLY IF THIS IS STILL THE DAY OF YOUR SURGERY.**
- ❖ If bleeding is excessive or not controlled with the previous steps please contact our office. It is normal for a small amount of oozing to persist for 24 hours after surgery.

Antibiotics:

If an antibiotic was prescribed for you after surgery, please take all the medication as directed. If you believe you are experiencing any unusual or adverse reactions to them (such as hives, rash) notify our office as soon as possible. If you feel your symptoms are life threatening, you have a medical emergency, or you are having difficulty breathing, call 911.

After surgery: Do not rinse your mouth or brush your teeth that day.

Ice/swelling:

Apply ice on the DAY OF SURGERY ONLY
NO ICE AFTER THE DAY OF SURGERY

THE DAY AFTER SURGERY, APPLY MOIST HEAT

Place ice pack on outside of face over the surgical area. **20 minutes on, 20 minutes off** for the first 8-12 hours after oral surgery. Swelling may peak on the 2nd or 3rd day after surgery.

Sleeping with head elevated the night of surgery and the next night may help to minimize swelling.

Diet: **DO NOT USE STRAWS**

Eat as soon as possible after surgery.

REMOVE GAUZE BEFORE EATING

Eating helps reduce nausea that is sometimes a side effect of sedation & narcotic pain medication. Eat light, soft foods such as eggs, warm cereal, mashed potatoes, and smoothies.

Drink plenty of fluids, but do not have a liquid only diet.

Be cautious eating food that has been heated while numbness is still present the day of surgery so you do not burn your mouth. Room temperature, warm, or cool food is preferred.

Avoid spicy and acidic foods the first few days following surgery as they may sting and/or irritate the surgery site.

Pain control: **TREAT PAIN BEFORE IT OCCURS**

If you receive a prescription for pain medication, take it as needed, with food. If pain is minimal, take Tylenol or Advil (ibuprofen) as needed per drug instructions.

After surgery: Do not drink alcohol, drive or operate machinery for 24 hours after having sedation or after taking a prescription pain medication

Smoking:

Smoking will aggravate bleeding and can slow healing. Please refrain from smoking for at least 72 hours after surgery.

The day after surgery:

Rinse your mouth gently with a glass of warm water and ½ teaspoon of salt the day after surgery. Rinse 3 to 4 times daily, especially after meals, for the next 7 days. You may carefully brush your teeth the day after surgery but avoid the extraction sites until the tenderness is gone.

Bone spicules: Following removal of teeth, loose pieces of bone often work their way through the gums. This may be uncomfortable. Should this occur, please call our office.

Bruising: Do not be alarmed if yellow-blue-black discoloration (bruise) appears on your face after surgery. It can take up to a week to fade away.

Numbness:

The roots of lower wisdom teeth may rest directly over the nerve of your lower lip. You may experience numbness or tingling of your lower lip, tongue or chin. This is usually temporary and may last from a few days to several months. Please inform the doctor if you have numbness.

Stitches:

Stitches are made of resorb-able material and do not need to be removed. Stitches usually last about 1 week. Do not worry if they fall out early.

Surgical Care

Your surgeon

Your surgical assistant

Please call our office if you are in doubt about anything. We want to take care of you.

510.848.1055
Surgical questions X 405

925.253.1924
Surgical questions x 401

Notes:

Possible Consequences:

Following any oral surgical procedure (particularly the removal of wisdom teeth) most patients have discomfort and swelling for a number of days.

1. Pain making a **NEW** appearance 3 to 5 days after surgery can indicate delayed healing in the bone (dry socket). Please call the office for evaluation.
2. Other teeth may ache temporarily. This is referred sympathetic pain and is temporary.
3. Stiffness of the jaw may appear after surgery. Continued stiffness (14 days) should be brought to the Doctors attention.
4. It is possible to develop a slight ear ache and/or sore throat.
5. There may be a slight temperature elevation for 24 to 48 hours. If fever continues, or exceeds 101 degrees, please contact our office immediately.
6. The corners of the mouth and lips may get chapped and crack temporarily as a result of stretching during surgery. Keep the areas moist with Vaseline.
7. There may be a "hole" in your gum after surgery. This will fill in with time. Rinse your mouth after meals (except day of surgery) to keep it clean.
8. If you develop any complications, severe pain, persistent fever, bodily illness, or any other unusual disturbances, please contact us immediately at 510.848.1055. If it is after hours, please press 0 and our answering service will direct you to our Doctor on call.

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