



Your Postoperative Care

Please watch the postoperative instructions video on our web site!

www.beaconoms.com

To assist you in your recovery, Beacon Oral & Maxillofacial Surgeons provides a complete postoperative kit for your convenience.

In your kit: What it's for:

Gauze dressings

Place this over your surgical site and bite together to apply *firm* pressure. Hold it in place with firm pressure for 1 hour at a time to cease any bleeding.

Salt Packets

On the second day, we'd like you to begin saline rinses to assist healing. These salt packets are ideal for making saline on the go. Just pour the salt packet into a tall glass of water and stir. Then swish this rinse over your surgical site. We recommend rinsing 4 times per day.

Beacon Oral & Maxillofacial Surgeons Lip Balm

Ahh, feel the soothing balm.

Coupon for a tasty treat

Tasty treats are good, of course.

When should I be concerned?

Most surgery patients are unfamiliar with what normal postoperative recovery is and what is atypical. Here are a few things to look for:

Bleeding

Intermittent bleeding or oozing is normal. Bleeding should never be severe. If it is, try repositioning fresh packs to allow you to place firm pressure over the area. Always hold pressure for a minimum of 45 minutes at a time. If bleeding persists you may **substitute a tea bag** for the gauze. Wet the tea bag with hot water, squeeze it damp-dry and wrap it in a moist gauze. Apply pressure over the surgical area for 45 minutes. If bleeding remains uncontrolled, please call our office. Gauze will look light pink, spotted, or rusty colored when bleeding is controlled. When bleeding is controlled, gauze may be left out.

Swelling

Often, there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 12 hours after surgery.

Nausea

If you experience nausea it is most likely from your prescribed narcotic pain medication. Allow the nausea to subside and take a smaller dose at your next interval. Often, breaking the tablet in half is sufficient to control pain without nausea. Please make sure you have eaten as this often will prevent nausea. If nausea persists, please call our office.

Diet

Take out gauze packs while eating. Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Avoid foods like nuts, sunflower seeds, popcorn, etc., that may get lodged in the socket areas. Over the next several days you can progress to solid foods at your own pace. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. Do not use a straw, spit, or suck on anything on the day of surgery. If you are diabetic, maintain your normal eating habits as much as possible. Follow instructions from us or your physician regarding your insulin schedule.

Additional Instructions following surgery:

- Use Caution** Do not disturb the surgical area today. Do **NOT** rinse vigorously or probe the area with any objects or your fingers. **DO NOT SMOKE** for at least 2 weeks, since it is detrimental to healing.
- Brushing** Begin your normal hygiene routine the day after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort. If you use a mechanical toothbrush (Sonicare, Oral B), feel free to use it as you would a manual toothbrush.
- Syringe** If you were given an irrigating syringe, start using it the **fourth** day after surgery to keep sockets clean. Mix one teaspoon of salt dissolved in an tall glass of warm water. Fill the syringe with the warm salt water and irrigate any open sockets gently each evening.
- Sharp Edges** If you feel sharp edges in the surgical areas with your tongue it is probably the bony walls which originally supported the teeth. Occasionally small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth, but if they are bothersome we will remove them. Please call the office if you are concerned.
- Delayed Healing** Normal healing after tooth extraction should be as follows: The first three days of surgery are usually the most uncomfortable and there is some degree of swelling and stiffness. From the third day on, GRADUAL, STEADY IMPROVEMENT should mark the remainder of your post-operative course. If there is a noticeable, distinct, persistent throbbing pain in the jaw that arises after the 4th day, please call our office. We would like the opportunity to help alleviate any discomfort.
- If a denture or partial has been delivered**
- Please wear your denture or partial until your adjustment appointment with your dentist. If absolutely necessary, you may remove your denture(s) briefly to rinse your mouth. Your denture should then be immediately replaced.
 - Please have your denture or partial adjusted by your dentist before you wear it.

Special Instructions: _____

Following these instructions will assist you, but if you have questions about your progress, please call the office. It is our desire that your recovery be as smooth and pleasant as possible. Calling during office hours will allow a faster response, however, a 24-hour answering service is available for after hour's contact with the doctor. If you anticipate needing more prescription pain medication prior to the weekend, please call the office on Friday before 2:00pm.

GRESHAM

Legacy Mt. Hood Medical Center
Medical Office Building 2
24850 SE Stark St., Suite 100
Gresham, OR 97030
tel. 503.665.7882
fax 503.665.6983

MILWAUKIE

2001 SE Jefferson St.
Milwaukie, OR 97222
tel. 503.654.3530
fax 503.654.3490

THE DALLES

Klindt Cove Building A
3601 Klindt Dr., Suite 100
The Dalles, OR 97058
tel. 541.296.7590
fax 541.296.7690

VANCOUVER

5420 NW 38th Ave., Suite 103
Camas, WA 98607
tel. 360.256.7100
fax 360.256.8886