

6. **Specific Complications to Watch for - Contact Dr. Satterfield (Call 911 if the problem is urgent or life threatening):**

- * **Possible allergic reaction – rash, sudden swelling, difficulty breathing.**
- * **You have severe headaches or notice changes in your vision.**
- * **You develop difficulty seeing, become dizzy or pass out. You have difficulty speaking, breathing or swallowing.**
- * Fever over 101 degrees by mouth.
- * Uncontrollable bleeding (call immediately).
- * Pain not relieved by pain medication.
- * Unexpected swelling around the surgical site.
- * Increased redness, warmth or hardness around the oral wound.
- * Increased and progressive drainage from the surgical wound.
- * Increased redness, warmth or hardness of the IV site.
- * New numbness or tingling in your face (persistent numbness beyond 24 hours).
- * Inability to urinate.
- * Continued nausea, vomiting, diarrhea or constipation.
- * Jaw stiffness is expected after jaw surgery and usually begins to improve within 5 to 7 days. Notify us if it does not improve.
- * Painful tooth socket – loss of the blood clot may cause a throbbing pain (and delay in healing) beginning on the third day after a tooth is removed. You may experience an earache and pain at your extraction site that is not well controlled with your pain medication.
- * Foul taste and odors are commonly reported after oral surgery. Good oral hygiene measures can help eliminate this problem.
- * Note: Typically, pain and swelling will peak on the third day post-operatively. If the pain medications are keeping you comfortable and the swelling is not severe, then you are probably doing as we would expect.
- * **Any other unusual or abnormal symptoms.**

7. **Return to activities:**

- * Most people go back to work/school in 2-3 days, however it depends on how you feel and the physical nature of your activities. It may take a gradual progression of 7-10 days to get back to peak performance in physical activities.

8. **Follow-Up Care:**

- * **You were given a follow-up appointment card (check in your post-op bag or call us if you cannot find it). Dr. Satterfield will need to re-evaluate you (to check your progress) at that time.**
- * **After office hours and weekends our answering service (706-543-8377 or 706-475-9852) picks up 24 hours a day/7 days a week.** There may be a brief delay in returning your call if the doctor is busy in the emergency or operating room caring for another patient. Please place your call again if there is not a timely response.



After Surgery Routine Care Instructions

Athens Oral & Maxillo-Facial Surgery, P.C.

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AFTER SURGERY ROUTINE CARE INSTRUCTIONS

1. General anesthesia or sedation:

- * Do not drive or operate machinery for 24 hours.
- * Do not consume alcohol, tranquilizers, sleeping medications or any non-prescribed medication for 24 hours.
- * Do not make important decisions or sign any important papers in the next 24 hours.
- * You should have someone stay with you at home for the next 24 hours.
- * Children may appear flushed for several hours after surgery.
- * **If your face, jaws and tongue are still numb after 7 to 12 hours (and beyond), then it is probably due to the long acting local anesthesia (Marcaine). This is part of the pain control.**

2. Activity:

- * You are advised to go directly home. Restrict your activities and rest for a day. Resume light to normal activity for the next few days.
- * Avoid excessive physical exertion and fatigue during the first few days following your surgery. Obtain adequate sleep (rest).
- * If the surgery involved your sinus or nasal cavities, avoid smoking, sneezing or blowing your nose until further notice.
- * Avoid any activity that could put your face in danger of an injury.

3. Fluids and Diet:

- * **NOTHING HOT TODAY!** Begin with clear liquids (e.g. Gatorade, ice tea, apple juice). If not nauseated, you may go to a full liquid diet (e.g. cold, liquidy milk products such as milkshakes, frozen yogurt or a smoothie). A homemade milkshake, using skim milk or soy milk, frozen yogurt or ice cream and fresh fruit blend into an excellent source of nourishment. HELPFUL TIPS: Additional foods you may eat the day of surgery – yogurt with fruit, applesauce, puddings, Jell-O, popcicles, fudgecicles and ice cream. The day following the surgery you can begin to eat regular soft foods for the next 5 days or so (e.g. eggs, omelets, spaghetti, meat loaf and well cooked vegetables). It is important to maintain a diet high in protein and complex carbohydrates. Do not skip meals. Please take a potent multi-vitamin and at least 500 mg of Vitamin C per day. Avoid big, hard and chewy foods for 5 days or until jaw stiffness and discomfort have resolved (e.g. no steaks, triple decker sandwiches or chewing gum).

4. Medications – the meds you have been prescribed have been checked:

- * **You should resume your daily prescription medication schedule per your physician's instructions. If you are diabetic, you may need to stay on a sliding insulin scale (based on your blood glucose level and your doctor's advice) until you are back to your normal caloric daily intake.**
- * Medication Instructions:

☐ **Naproxen [prescription strength Aleve (500 mg) [your daily maintenance pain medicine]** – Start taking this medication as soon as you can tolerate full liquids - analgesic/anti-inflammatory drug for mild to moderate discomfort. This medication must be taken consistently to be effective 2 times a day with food (preferably after meals) for the first week postoperatively. You should use your refill if needed. This is an excellent analgesic to take for those patients who must go back to school, work or operate machinery such as cars. As an alternative, you may take over the counter Aleve (220 mg) – one or two with food 2 times a day for seven days.

☐ **Narcotic analgesic [your rescue pain medicine] - Lortab** (Hydrocodone 10 and acetaminophen) or **Ultram** (Tramadone 50 mg.) – This analgesic should be taken (only as necessary) for moderate to severe pain not controlled by the Naproxen (Aleve). Take ½ to 1 tablet every 4 to 6 hours with food. You should use your refill if needed. You should not take this medication if you are driving a car or operating machinery. You may experience dizziness and drowsiness. Do not drink alcohol while taking narcotics. This medication requires a prescription. Take as directed on the bottle.

☐ **Antibiotics** (e.g. Amoxicillin, Clindamycin, Cephalexin or Metronidazole) – Start taking this medication if prescribed as soon as you can tolerate clear or full liquids. These medications will help prevent infection and should be taken as directed on the bottle until they are all gone. If there was no evidence of infection at the time of surgery, Dr. Satterfield may not prescribe antibiotics. If Dr. Satterfield finds some evidence of infection, then you will be given antibiotics for at least one week following the surgery. This medication requires a prescription.

☐ **Phenergan suppositories** - This medication controls nausea and vomiting associated with anesthesia and surgery. It also has a sedative (antihistamine) effect. Doses may be repeated at 4 to 6 hour intervals. You should not take this medication if you need to be alert to drive a car or operate machinery. This medication requires a prescription. Take as directed on the bottle.

- * **Please call us immediately if you have any side effects (e.g. nausea, vomiting, diarrhea, headaches). Please call us immediately if you have an allergic reaction (e.g. rash, swelling or difficulty breathing).** Do not take the offending drug again. If you are not sure which drug caused the problem, then discontinue all medications and call us immediately.
- * If **nausea** occurs, try an antacid (over the counter), such as Mylanta or Maalox, before continuing with some bland foods (i.e. cereal, soft crackers, flat soda drink or milk).
- * If your bowel habits become irregular, it is suggested you take a mild laxative (over the counter), such as Milk of Magnesia or Metamucil. Please call us if constipation becomes a problem.

5. Wound Care: **DO NOT USE ANY TOOTHPASTE OR MOUTH RINSE WITH WHITENERS FOR AT LEAST ONE WEEK AFTER SURGERY. THE AGENTS WILL DISSOLVE THE BLOOD CLOTS.**

- * **Swelling:** Facial swelling after surgery is normal. It usually takes three days for swelling to reach a peak before beginning to subside. Most of the swelling will normally resolve within the first 7 to 10 days. Ice packs are used for the first 24 to 48 hours. Plastic bags filled with crushed ice and wrapped in a towel or a commercial ice bag are convenient forms of application. Apply for 20 minutes - each hour while awake (on 20 minutes/off 40 minutes). After discontinuing ice, switch to moist heat (warm water bottle or warm wash cloth) using the same time periods. **Use moist heat instead of ice if you are being treated for an infection.**
- * **Oral hygiene:** This is the single most important thing that you can do on your behalf to minimize the possibility of wound infection following oral surgery. Please use a soft bristle toothbrush with your favorite toothpaste (along with dental flossing) to keep the teeth clean. If you have braces on, food tends to accumulate on these appliances, and hygiene becomes more difficult. A water pik is helpful in keeping the braces on your teeth clean. However, this is not a substitute for brushing and flossing. **Never aim the water pik at any of the incisions.** The day after surgery you may use a diluted mouthwash (1/2 water and 1/2 Listerine) or salt water (1/2 tsp. of salt in an 8 oz. glass of water). One-half ounce should be held in the mouth for at least 30 seconds followed by rinsing and spitting out. After 3 days, begin using full strength Listerine after each meal. The recommended routine will be as follows: After meals, brush and floss your teeth being very careful of where the surgery was performed; then rinse with the diluted mouthwash for 30 seconds. Be very careful during the first 24 hours following the surgery - Do not be too vigorous in your rinsing as this may stimulate bleeding.
- * **Oral Bleeding:** Gauze was placed over the surgical site to serve as a pressure bandage when you bite down. **Remove the gauze when you get home and only replace it as needed to control bleeding. A small amount of oozing is normal for the first 24 hours.** You may wish to cover your pillow with a towel to avoid staining. Rest with your head elevated by pillows at least 35 degrees. Excessive bleeding may be controlled by placing a moistened tea bag over the surgical site for one hour while applying pressure. **Avoid vigorous rinsing, spitting, smoking, carbonated soda drinks, drinking through a straw and alcohol containing mouthwashes (unless diluted) for the first 24 hours as they may prematurely dissolve the blood clot.** Please limit your talking for several days to help reduce bleeding and swelling.
- * **Avoid:** **Please avoid the tendency to touch your oral wound with your tongue or fingers.** This may cause significant problems with healing.
- * **Bruising:** Black and blue marks on the face are caused by bleeding internally. This appears first as swelling, but often on the second or third day, it may discolor the face black or blue then yellow. It will usually disappear within 10 days. Make-up tips are as follows: Mint Tint - Conceals redness; Lavender Tint - Conceals yellowish bruising; Yellow Tint - Conceals blue or lavender bruising.

