

James J. Osetek, D.M.D.

**AFTER HOURS PHONE NUMBERS—**

Dr. Osetek's patients please call--

Cell phone                   1-231-881-7444

Home phone                 1-231-526-7146

**Instructions for Patients Following Oral Surgery Procedures:**

- Keep moist gauze in your mouth for approximately ½ hour or until the bleeding stops. Change the gauze as often as necessary. Bite on a moistened tea bag if bleeding persists after several hours. You may have a small amount of oozing for 24 hours. Call our office if there is uncontrolled bleeding.
- Refrain from any spitting during the first 24 hours following surgery. Instead, gently wipe out your mouth using a tissue or gauze.
- Begin the prescribed pain medication within one hour after you leave the office. We recommend you take the pain medication with food (milkshake or soup) to decrease the chance of stomach upset. If you experience severe nausea or break out with a rash, discontinue the medication and call your doctor.
- If an antibiotic has been prescribed, take the prescription until it is gone. If you experience severe nausea or break out with a rash, discontinue the medication and call your doctor. If you are taking oral contraceptives, please review the attached article or consult with your Pharmacist.
- Place ice compresses on your face for the first 24 hours. Alternate ice 15 minutes applied, 15 minutes off, to each side, if surgery was performed on both sides of the mouth. After 24 hours, ice will be of limited benefit. Sleep with your head elevated with several pillows. You may notice increase in swelling overnight, this is a normal occurrence.
- Beginning on the second day, apply moist, warm compresses to your face, until the swelling or discoloration is gone. Moist packs (i.e. a warm washcloth) are better to use than a heating pad.
- Drink as many fluids as possible on the first day. You will feel better if you don't get dehydrated. Do not use a straw for one week.
- During the first 24 hours, your diet should consist of soft foods such as soups and blenderized meals. You may resume a normal diet after the first day or as soon as comfortable. Do not eat hard candy or crunchy foods.
- Refrain from smoking or the use of any tobacco product for the first 48 hours following surgery.
- Refrain from the use of alcoholic beverages during the first 24 hours following surgery. Do not mix alcohol with your anesthetic and pain medications. You should not drive a car for 24 hours following your surgery.
- **It is best to rest for the first 24 hours. Don't overexert yourself.**

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- Beginning on the second day, apply moist, warm compresses to your face, until the swelling or discoloration is gone. Moist packs (i.e. a warm washcloth) are better to use than a heating pad.
- Beginning on the second day, begin warm salt water rinses. Mix ¼ teaspoon table salt into a tall glass of warm water. Rinse 4 times a day. Continue the rinses for approximately one week. Resume gentle tooth brushing on the second day following surgery.
- If a prescription has been given for Peridex, rinse with it twice a day –morning and evening as directed.
- Certain medications, drugs, anesthetics, and narcotic drug prescriptions (such as Vicodin, Percocet, Lortab, Tylenol with codeine) which you may have been given can cause drowsiness, in-coordination and a lack of alertness which may be increased by the use of alcohol and other drugs. While you are taking these medications, do not work; do not operate any vehicle, or hazardous machinery.
- A “dry socket” is a minor post-operative complication that may develop 36 to 48 hours following surgery. A “dry socket” is most easily recognized by a bad taste in the mouth, an increase in pain intensity or a change in the pain to a throbbing pain. Please contact our office so that you can be seen right away and treated.
- If your dissolvable stitches (most patients have this type) are not gone in two weeks, please call our office.
- If you are having any problems or have any questions, please contact your doctor. The office phone numbers are provided at the top of this sheet.
- After regular office hours, please contact your doctor as instructed at the top of this sheet.