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## POST-OPERATIVE INSTRUCTIONS FOR INFECTION

### PAIN

Discomfort following oral surgery usually begins when the local anesthetic diminishes. We recommend starting pain control as soon as possible to stay ahead of the discomfort. Studies have shown taking 400mg of Ibuprofen (Motrin or Advil) along with 500mg of Acetaminophen (extra strength Tylenol) every 6 hours is highly effective in pain control. Patients can also benefit from placing Orajel or Anbesol on a small gauze and applying it to the surgical area.

### SWELLING

Swelling may persist for some time after an incision and drainage is performed. Apply warm, moist heat to the affected area throughout the next 2 days. Apply heat for 30 minute intervals and gently massage the area to stimulate blood flow and further drainage.

### BLEEDING

You may experience more bleeding than usual because of the infection. If there is a persistent ooze, moisten gauze packs with cold water, place over site and bite down with firm steady pressure for 30 minutes. Continue this procedure until bleeding stops.

### RINSING AND ORAL HYGIENE

Gently rinse your mouth with a mild salt water solution, 1/4 teaspoon of salt dissolved in an 8 ounce glass of water. Hold it over the infected area for at least five minutes each hour. This should be done as soon as possible and continue until the swelling is reduced. You may experience an odor or a bad taste in your mouth. Do not be alarmed if this occurs. Gently brush teeth and floss as needed, avoiding the surgical areas.

### MEDICATION

When taking narcotic pain medication or sedatives you should not drive a car, use dangerous equipment, drink alcohol, or assume critical responsibilities. You should not drive a car for 24 hours after receiving an IV anesthetic. **It is important to take and finish the prescribed antibiotic as ordered.** Notify the surgeon if a complication arises while taking any prescription drug. Please be aware that Penicillin, as well as other common forms of antibiotics, may reduce the effectiveness of oral contraceptives. You should consider another form of birth control while taking these medications.

### DIET

Food intake is generally regulated by the comfort of chewing. **Soft foods** and **plenty of fluids** are highly recommended. Avoid foods that are hard, brittle, hot or spicy for 5-7 days.

### ACTIVITY

After an IV anesthetic you should have someone stay with you at home for at least 12 hours. Care should be taken to minimize the risk of falling and injuring yourself, particularly on stairs or in the bathroom. Bed rest will minimize pain, swelling and bleeding. Over exertion may initiate or intensify pain.

**Following these instructions will assist you, however if you have any questions please contact our office, Monday through Friday, 8:45am-5:00pm.**

**If an emergency arises after hours, please call our answering service at 586-693-8333.**