



Ocean View Dental

Office of:

Summer T. Wood, D.M.D.

Keith Vodzak, D.M.D., M.S.D. (Orthodontist)

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970 North Kalaheo Avenue, Suite C309, Kailua, HI 96734

Phone (808) 254-5503 Fax (808) 254-4645

Please read the following instructions carefully. The after-effects of oral surgery are quite variable, so not all of these instructions may apply to you. At a minimum, you must control bleeding, provide for good nutrition, maintain adequate pain control, and provide proper oral hygiene/wound care.

Control of Bleeding

Bleeding after surgery may continue for several hours. Bite down firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not being controlled. If active bleeding persists after one hour, place enough new gauze to obtain pressure over the surgical site for another 30-60 minutes. The gauze may be changed as necessary and may be dampened and/or fluffed for more comfortable positioning.

Intermittent bleeding or oozing is normal. It is typical for bleeding to continue for a few hours after simple extractions and for several (6-10) hours after more complex surgery such as removal of impacted teeth. Placing fresh gauze over the surgical areas and biting down firmly for 30-60 minutes may control it. Maintaining the head in an elevated position (use of a recliner or several pillows) will also help to reduce bleeding and swelling. Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning fresh packs. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office (808)254-5503



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Hygiene Care and Mouth Rinses

Do not disturb the surgical area today. DO NOT RINSE vigorously or probe the area with any objects or your fingers. You may brush your teeth gently. DO NOT SMOKE for at least 48 hours, since it is very detrimental to healing. Keeping your mouth clean after surgery is essential. 24 hours after the procedure, you can begin to rinse with warm salt water. (1/4 teaspoon in an 8ounce glass of warm water) or we may prescribe an antibiotic rinse (chlorohexidine, Periogard, Peridex) for certain procedures. The antibiotic rinse should be used in the morning and at bedtime after routine mouth care (gentle brushing). Also, repeat after eating for the next 5 days. Do not eat or drink after using the antibiotic rinse.

Swelling

Often there is some swelling associated with oral surgery that will reach its peak in around 48 hours and can take 7-10 days to resolve. 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 twenty minutes on and twenty minutes off during the first 12 to 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

Fever

A slight fever is not uncommon the first few days after surgery (temperature to 100.5F). If you have a high fever or fever persists, please call our office at (808)254-5503.

Operating A Motor Vehicle

Please do not operate any machinery or a motor vehicle for 24 hours after sedation or general anesthesia