The Oral & Maxillofacial
SURGERY CENTER
of Santa Fe

Post-Operative Instructions

Tori Removal, Alveolar Ridge Procedures

What to expect after tori or irregular bone are removed:

-Max pain/swelling occurs 2-3 days after surgery
-Soreness for 7-10 days
-Some bleeding for the first few hours and periodically tasting blood for first week
-Jaw tightness or stiffness, some soreness in temple, around ear and under jaw
-Soreness of adjacent teeth and structures

Care Instructions:

Pain Management: If you are able to take Ibuprofen (Motrin or Advil) and Tylenol (Acetaminophen), we recommend alternating medications. This maximizes pain relief. We recommend 400mg ibuprofen every 4 hours after you eat. Then, 2 hours after taking ibuprofen, take 500mg Tylenol (Acetaminophen). Continue alternating medications every 2 hours. At bedtime, we usually have you take Flexeril (cyclobenzaprine) to help reduce muscle clenching and grinding. This will make you drowsy, so take only at bedtime. Most people use for 1-2 nights. Most people are taking the ibuprofen and Tylenol for the first 3-5 days, but 1-2 weeks is not uncommon.

On occasion we will send in a prescription for a narcotic based pain medication. Use as directed. You may use the ibuprofen as directed in above paragraph, but **do not** take any additional Tylenol (Acetaminophen) since most of the prescribed pain medications contain this already.

Antibiotics and other prescribed medication: Use as directed. We usually have you continue the antibiotic for 3-5 days. You may discontinue the mouth rinse (Peridex/Chlorhexidine).

Swelling: Utilize ice pack provided for the first 24 hours. This can be re-frozen as needed. Apply to the skin on the outside of the areas. Alternating sides every 15 minutes. The use of heat after the first day is recommended. The gel pack provided can be used as a heat pack. Elevate head with extra pillows for first 24 hours (laying flat can worsen swelling for the first 24 hours). If an anti-inflammatory (Medrol dose pak) is prescribed, begin taking the day after surgery.

Bleeding: Oozing from the area is normal. Most of the time it resolves after a few hours (3-5 hours). Utilize the gauze provided. Moisten gauze with tap water so it is damp, fold and place in area. Close

mouth on gauze to provide pressure. Do not use dry gauze, this will make it bleed more. If continued bleeding after a few hours, you can use moist black tea bags, covered in moist gauze and apply to area.

Cleaning: Do not brush mouth after surgery for the first 24 hours. This can cause bleeding or pain if the surgical areas are brushed. After 24 hours, may brush all other teeth, do not brush surgical sites for 3 weeks. Any tooth paste is fine, any soft bristle manual tooth brush is fine, electric/Sonicare brushes are fine. No water picks please (too strong). Starting the day after surgery, rinse mouth out with warm tap water or salt water (1 teaspoon to 8 oz water). You may rinse as often as you want. Do not swish or gargle too strongly, this can irritate areas. Use warm tap water or salt water to rinse areas. After 3 weeks, resume normal brushing to the surgical sites.

Do not use any mouth rinses containing alcohol (Listerine, Scope, etc.) This can irritate the surgical site and cause delays in healing.

Exercise: As tolerated the following day after surgery. Heavy lifting or strenuous exercise for first 3-5 days can result in more pain or bleeding.

Smoking: No smoking for at least 1 weeks. Smoking increases risk of dry socket, delayed healing and pain.

Diet: You may eat after surgery. **Do not chew over surgical site until told otherwise.** For the first 24 hours, warm or cool foods only. No hot temperatures. This can trigger more bleeding. We recommend soft foods the first week. This includes chicken, eggs, pastas, steamed veggies, baked fish, smoothies, shakes, soups, stews. After 1 week, advance to a normal diet as tolerated.

Dentures or Partial Dentures: We may adjust the fit to allow you to wear that day or have your dentist see you to make adjustments. Do not wear unless you are instructed to do so.

Sutures- If placed, we will let you know if the sutures are dissolvable or not. Non-dissolving sutures will be removed at the discretion of the surgeon.

Feel free to call us at (505)984-0694 for the office and after hours needs or questions.