



Barry S. Keogh, DDS, MD



POST-OPERATIVE INSTRUCTIONS

TOOTH REMOVAL | DENTAL IMPLANTS | ORAL BIOPSIES

— **PARKER**
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— **AURORA**
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Dear Patient,

Essential Messaging is our answering service. They answer our phones after business hours and on weekends to help communicate your medical concerns or emergencies to the doctor.

For medical concerns or emergencies after hours, call our regular office phone number 303-699-1964.

Have the following information available for the operator:

- Your doctor's name: **Dr. Barry S. Keogh**.
- Your name and/or the patient's name and a phone number where you can be reached.
- The date of and description of your procedure.
- The exact nature of the issue your call is regarding.

The operator will inform you that if you have a life threatening emergency to call **911**. They will inform you of the doctor who will call you back. If you do not receive a call from the doctor within 30 minutes, call again.

After placing your call, you should remain at the phone number you have given. Keep the line clear, make sure the ringer is on and the answering machine is off.

Keep in mind:

- Call 911 in a life threatening emergency.
- **NARCOTIC PRESCRIPTIONS WILL NOT BE PHONED IN AFTER HOURS OR OVER THE WEEKEND - NO EXCEPTIONS!** Plan ahead: Narcotic pain medications will only be phoned to a pharmacy between 9:00 am and 4:00 pm Monday through Thursday and from 9:00 am and 2:00 pm on Friday.
- The answering service cannot make or reschedule appointments or answer billing questions.
- If you are asked to hold, please be patient. Your medical concerns are important to us.

AFTER TOOTH REMOVAL: You will be discharged from the office biting firmly on the gauze packs that have been placed over the surgical sites. These should remain in place for one hour. Do not eat or talk during this hour to ensure they stay properly positioned. You will receive a package of 2 x 2 inch gauze pads. Open the package and remove two squares for each area where a tooth has been removed. Fold the pads into a tight ball, moisten with a few drops of cold water, squeeze out excess water, place the pad over the extraction site and bite firmly for a second hour. Remove the pads and eat a cool/room temperature snack. Then take your first dose of pain medicine. Gauze pads can be repeated hourly as needed if bleeding/oozing persists. Intermittent bleeding or oozing for the first 24 hours is normal. Bleeding can be minimized by keeping your head elevated and avoiding hot liquids and exertional activities. If bleeding persists or becomes more rapid, moisten a regular tea bag with cold water, place it over the surgery site and bite firmly for one hour. If the problem continues to persist, please call us at 303-699-1964.

WHEN YOU ARRIVE HOME: Place an ice pack to the outside of your face in the area where you had your surgery - alternating on for 30 minutes and then off for 30 minutes until bedtime. This can be continued the next day for a total of 36 hours after surgery. If you had surgery on both sides of your mouth, alternate between the two sides every 30 minutes with the ice packs. Remain in a semi-upright position when resting or sleeping for the first week after surgery. This will minimize post-operative swelling and decrease discomfort, throbbing, and bleeding. Maximum swelling occurs 48 to 72 hours after surgery.

DIET: Your diet for the first 48 hours should be either cool and soft, such as ice cream, yogurt, pudding, jello, and apple sauce or room temperature, such as mashed potatoes, cream of wheat, and soup. **AVOID HOT LIQUIDS FOR THE FIRST 48 HOURS.** Drink directly from a glass. Avoid using a straw which can restart bleeding or cause a dry socket. Avoid carbonated beverages for one week after surgery. After the first 48 hours, gradually progress to regular temperature soft foods such as scrambled eggs, soups and pastas. Due to post-operative swelling, it is best to avoid for one week hard chewy foods such as steaks, pork chops, bagels, and chips. **DO NOT** skip meals. If you take regular nourishment, you will feel better, gain strength, and heal faster. Narcotic pain medicine should always be taken after a snack or meal in order to avoid medication associated nausea.

DISCOMFORT: Post-operative discomfort is normal and to be expected. Carefully following the post-op instructions will help minimize this. Prescription narcotic pain medicine should not be taken on an empty stomach or mixed with alcohol. Narcotics may cause drowsiness, lightheadedness, and decreased ability to concentrate or perform job responsibilities. The doctor may recommend an over-the-counter anti-inflammatory pain medication by itself or in conjunction with your narcotic pain medicine. Advil, Motrin, or Nuprin are 200mg of Ibuprofen; an adult dose is 600mg every six hours. If you experience nausea after taking your pain medicine, discontinue your narcotic pain medicine and rely on the over-the-counter anti-inflammatory pain medicine (ie. Ibuprofen). Discomfort will maximize by the second or third day after surgery and should gradually resolve by the 7th to 10th day. If you have had wisdom teeth removed, it is common for your symptoms **NOT** to be symmetric between the two sides.

NAUSEA: Nausea is not uncommon after an Intravenous (IV) Anesthesia. If you experience nausea during the first 24 hours after your surgery, try to keep taking clear liquids, postpone taking any narcotic pain medication that may exacerbate the upset stomach, and rely on Ibuprofen 600mg every six hours (if no contra-indication was discussed with your doctor). Nausea can be caused by swallowing small amounts of blood on an empty stomach, therefore you may require additional gauze pads over your extraction sites until your saliva is clear.

SWELLING: Swelling and stiffness of the jaw are to be expected. **ICE** and **ELEVATION** help to minimize this. Ice should be used intermittently for the first 36 hours as described earlier. Maximum swelling occurs by 48-72 hours and then gradually resolves by day 7-10. After the 5th day, moist heat (heating pad on low, hot water bottle, warm hand cloth) can be placed to the side of the face intermittently. This will help resolve swelling and tightness of the jaw. Be careful not to burn yourself.

ORAL CARE: **DO NOT** rinse, spit or brush your teeth the evening of your surgery. Starting the next day (24 hours after surgery), you should gently brush your teeth, carefully staying on the teeth and not brushing off onto the gums or cheeks. Brush all teeth **EXCEPT** those next to the surgical sites. Begin gentle warm salt water rinses 24 hours after surgery and continue them for two weeks; a 16 ounce glass of warm water with several sprinkles of salt is adequate. This tends to be soothing to the surgery site as well as cleansing. **AVOID** commercial mouth washes for one week after surgery.

ACTIVITY: Non-exertional activity is recommended for a minimum of 5 days after surgery. Avoid heavy lifting, sporting activity, weight training, and aerobic exercises for this time. Depending on your surgery, your Doctor may recommend additional restrictions for a longer period of time. After an Intravenous (IV) Sedation, you should not operate any machinery including a vehicle for 24 hours.

SMOKING: **DO NOT SMOKE FOR A MINIMUM OF 5 DAYS** after your oral surgery. Smoking will cause delayed healing and significantly increase the occurrence of an uncomfortable dry socket. Smoking depressants (NICODERM patch) can decrease the craving for a cigarette if you are a candidate. These are now sold over-the-counter and do not require a prescription.

SHARP EDGES: If you feel something hard with your tongue, you may be feeling the bony walls which originally supported the tooth or small spicules of bone which may work themselves out from the tooth site during the first several weeks after a tooth is removed. They are not pieces of the tooth that were left in. These areas are evaluated at your post-operative appointment.

SUTURES/STITCHES: Your doctors commonly use dissolvable stitches that will loosen, untie, and fall out between 3 and 10 days after your surgery. If one falls out early, do not be alarmed. The doctor commonly has placed more than are needed in order to account for this occurrence. These stitches do not need to be removed by the doctor.

POST-OPERATIVE TEMPERATURE: It is common to experience a low-grade temperature elevation (100.5 degrees F) during the first and second days following surgery. Your regularly scheduled Ibuprofen will help with this elevation. If your temperature persists past 48 hours or is above 100.5 degrees F, please call the office.