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Post- Operative Instructions

- 1) Keep gauze dressing in place until you get home. Constant pressure on the gauze will help control bleeding. It is not necessary to clench your teeth. Keeping your mouth closed with your teeth together is enough pressure. Replace the gauze with new ones every 30 minutes until bleeding is minimal. If bleeding persists, biting on a moistened tea bag for 1 hour will usually stop this.
- 2) Drink only liquids and eat only foods that do not require chewing, such as ice cream, yogurt, pudding, apple sauce or Jell-O until the numbness wears off, usually about 8 to 10 hours after surgery. Eat or drink only cool soft foods such as mashed potatoes, scrambled eggs, well-cooked pasta, pulled pork or meatloaf for the first 24 hours. **DO NOT EAT OR DRINK ANYTHING HOT** as this can cause prolonged bleeding. You may return to brushing your teeth after 24 hours.
- 3) An ice bag applied to the outside of the face, 20 minutes on/20 minutes off for 48 hours, will help reduce the tendency for swelling.
- 4) Drink plenty of liquids and maintain a balanced diet.
- 5) The mouth should be gently rinsed with warm salt water beginning 24 hours after surgery; ½ teaspoon of table salt in 8 oz. of warm water is sufficient. This should be done when you get up in the morning, after every meal and before you go to bed at night. This should be done for 1 week.
- 6) If prescriptions are given, use only as directed.
- 7) Do not smoke or use a straw or spit for at least the first 48 hours after surgery, both actions can increase the chances of a dry socket and slow healing.
- 8) Patients using oral contraceptives should be aware that the use of antibiotics postoperatively might interfere with the effectiveness of these contraceptives for the duration of the current cycle.

Remember, our office can be reached 24 hours a day. If you have any problems please call either of the telephone numbers at the top of this page. **If the office phones are not working, the on call Doctor can be reached through the Virginia Hospital Center Switchboard at 703-558-5000.**

(OVER)

Dosing Information for Non-Opioid Pain Medication

There has been considerable concern recently with respect to the use of opioid medications to manage postoperative pain after oral surgery. Research indicates that a combination of Acetaminophen and Ibuprofen can completely replace or greatly reduce the need for opioid medications after your surgery. Below you find general dosing guidelines for **ADULT** use of non-opioid pain medication following your surgical procedure. If there is any question regarding your ability to use high doses of Ibuprofen or Acetaminophen, such as liver or kidney disease, allergy, stomach ulcers, current use of blood thinning medication, etc., please consult your Oral Surgeon or Primary Care Physician prior to their use.

Ibuprofen

Generic Name: *Ibuprofen*

Brand Names: *Advil, Midol, Motrin, Motrin IB, Motrin Migraine Pain*

Over the Counter (OTC) Pill Size: *200mg*

Maximum Daily Dose: *3,200mg (16 OTC tablets)*

Recommended Dosing Frequency: *Every 6 Hours or 4 Times/Day as needed*

Recommended Starting Dose: *600mg (3 OTC tablets) 4 Times/Day as needed*

Acetaminophen

Generic Name: *Acetaminophen*

Brand Names: *Tylenol, Paracetamol, Panadol, APAP*

Over the Counter (OTC) Pill Size: *Regular Strength - 325mg*

Extra Strength – 500mg

Maximum Daily Dose: *3,000mg (9 Regular Strength or 6 Extra Strength tablets)*

Recommended Dosing Frequency: *Every 4 Hours or 6 Times/Day as needed*

***Please Note*:** *Many other medications including prescription strength pain medications given by our office (Tylenol #3, Norco, Vicodin, Percocet, Hydrocodone, Oxycodone) contain 325mg of Acetaminophen in each tablet. Taking these pills will count toward your daily total of Acetaminophen.*

Acetaminophen and Ibuprofen do not interact with each other, so it does not matter how close together they are taken. These medications may be taken together (at the same time) or staggered and taken separately depending on your pain requirements.