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## ***Diplomates, American Board of Oral and Maxillofacial Surgery***

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### **Post- Operative Instructions**

- 1) Apply ice to outside of the face after surgery unless otherwise specified. The best method is to apply ice 20 minutes on and 20 minutes off. Ice packs should be used for at least 48 hours after surgery. **YOUR SWELLING AND PAIN WILL SLOWLY INCREASE AND BE BIGGEST ON THE 3<sup>RD</sup> DAY AFTER YOUR SURGERY.**
- 2) Maintain constant pressure by biting on gauze, change it every 30 minutes with clean gauze until the gauze becomes a light pink. If bleeding persists, biting on a moistened tea bag for 1 hour will usually stop any oozing. Bleeding may continue for up to 24 hours after your surgery.
- 3) Refrain from chewing until the numbness is gone. This is usually 8 to 12 hours after surgery. You may drink something warm or cold during this time and eat foods that do not require you to chew; yogurt, ice cream, pudding, Jello etc. After the numbness is gone, eat and drink only cool, warm and soft foods such as mashed potatoes, scrambled eggs, well-cooked pasta, pulled pork and meatloaf for 48 hours after surgery. **DO NOT EAT OR DRINK ANYTHING HOT** for the first 48 hours, this will prolong bleeding. Try to maintain a balanced diet.
- 4) Keep the head elevated on several pillows for 2 - 3 days after surgery. This will help keep you more comfortable and minimize swelling and bleeding.
- 5) Try to eat a substantial amount before taking prescription pain medication. Taking pain pills on an empty stomach can cause nausea and vomiting.
- 6) Patients should be closely monitored after general anesthesia until fully alert.
- 7) You may start tooth brushing 24 hours after your surgery.
- 8) The mouth should be gently rinsed with warm salt water beginning 24 hours after surgery. 1/2 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.
- 9) Physical activity should be limited for several days after a surgical procedure.
- 10) Refrain from smoking or using a straw for at least 48 hours after surgery, as both can retard healing and increase the risk of a dry socket.
- 11) Do not mix alcoholic beverages with prescribed medications.
- 12) A low-grade fever is normal after surgery. If the fever is higher than 100 degrees or lasts more than 2 days please contact our office.
- 13) 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.
- 14) Retainers should be worn as soon as possible, if comfortable. Preferably, beginning the day after surgery.

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.*

Opioid pain medication, 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.