

Tori Reduction Post-Operative Instructions

What can I expect after surgery?

- Minor bleeding and “oozing” for 1-2 days.
- Swelling increases for the first 3-5 days after surgery
- Discomfort is expected for the first several days with improvement occurring when swelling goes down
- Tightness and stiffness to the jaw and joint areas are expected because of swelling and will improve once the swelling goes down.

What are my post-operative instructions?

- After the first 24 hours following surgery, rinse gently with warm salt water after brushing and flossing at night to remove loose food debris in the extraction site. This can continue 1-2 weeks. Brush gently avoiding the surgical sites for 1-2 weeks. No flossing the lower teeth around the surgical area for 3 weeks.
- You may be biting on gauze when you leave the clinic. This gauze should remain for 30 minutes. After that, you may take the gauze out and observe the extraction area for continued bleeding from the extraction site. If it is bleeding like a fresh wound (bright red, dripping blood) bite on additional clean gauze for approximately 30 more minutes. Repeat as necessary until the area stops bleeding.
Remember a little blood and a lot of saliva will look like a lot of blood, usually it is just a lot of saliva.
- Do not smoke, spit, drink through a straw, or drink carbonated beverages for 7 days after surgery.
- No rinsing for the first 24 hours.
- If you had upper back teeth removed avoid blowing your nose and sneezing for the first week (if you must sneeze, do so with your mouth open to prevent sinus damage).
- Use an ice pack to reduce swelling and discomfort. Ice packs can be applied for 20 minutes on and 20 minutes off for the first 48 hours (while awake).

SINUS PRECAUTIONS AFTER ORAL SURGERY (if a sinus perforation occurred during surgery)

PLEASE AVOID:

- Blowing your nose: It is best to wipe away nasal secretions carefully. After 4 weeks, if you must blow your nose, blow gently through both sides at the same time. Do not pinch your nose: do not blow just one side at a time.
- Sneezing: If you must sneeze, keep your mouth open and do not pinch your nose closed.
- Sucking: Do not drink through a straw. Do not smoke.
- Blowing: Do not play a wind instrument. Do not blow up balloons.
- Pushing or lifting: Do not lift or push objects weighing more than 20 pounds.
- Bending over: Keep your head above the level of your heart. Sleep with your head slightly raised.

- Slight bleeding from the nose is not uncommon for several days after surgery.
- Notify the doctor or the surgical assistant if you are unable to take any of your medication as prescribed.

It is likely that you may be advised to take an antibiotic and decongestant as well as your regular pain medication. You must take these medications as prescribed. Do not stop taking them on your own. If you have a problem with any medication, please call us so that we can make an adjustment for you .

OTHER INSTRUCTIONS:

- Over the counter decongestant may be taken.
- Antibiotics may be taken as directed. REMEMBER All forms of oral and administered contraception are to be considered unreliable while you are taking any form of antibiotic.
- Afrin nasal spray may be taken for 3 days, but after this the nasal spray should be stopped.

What should my activity level be?

- If you have received IV sedation **do not** drive for 24 hours or while taking Narcotics.
- Avoid activities that increase blood pressure to reduce the chance of further bleeding and prolonged healing time from extraction sites.

Are there diet restrictions after surgery?

- Your first day should consist of soft, cool foods such as: Jello, pudding, yogurt, applesauce, mashed potatoes, cottage cheese and ice cream. Soup is fine as long as it is room temperature only. Around day 7 you may resume regular diet as tolerated, but should your jaw start to ache, resume soft diet for a couple more days to rest the jaw muscle.

How do I manage pain after surgery?

- You may be given pain medication or be directed to use an over the counter pain medication, either will help with discomfort and painful swelling (inflammation). Be sure to take as directed.

What other medications will I have to take?

You may be given a prescription for antibiotics. Be sure to take them as directed.

- Unless otherwise instructed, continue taking any medications prescribed by your primary care physician.
- After oral surgery procedures, pain is best managed with scheduled doses of NSAIDs such as Ibuprofen (up to 3200 mg daily) and Acetaminophen (up to 3000 mg daily).
- In addition to the above medications, short term opioids may be prescribed by your provider. We recommend that you limit opioid use to instances when you feel severe pain (7/10 or more) despite scheduled doses of NSAIDs and acetaminophen.

- Use of opioids (even short term use) may lead to physical dependence and addiction.
- To dispose of used opioids, return to opioid take back clinics or pharmacies. You can also mix it with coffee grounds in a sealed bag and dispose of it in the garbage. Do not flush opioids down the drain.

What follow-up care will I receive?

- You may be given an appointment to return to the clinic for a post- operative check before you are discharged from the clinic. This will usually be about 1 weeks after surgery if it is necessary.
- Write down and bring any questions you have to this appointment.
- If you are unable to keep the appointment, please be sure to call and reschedule.

When should I call my doctor?

- If you have increased swelling or bruising beyond the initial swelling from surgery.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting, increased irritability, or constipation.
- If you have an oral temperature over 100.3 degrees. Check to make sure you are getting enough liquids. Dehydration can cause the body temperature to rise.

Who should I call if I have questions?

- (623)439-2222, Monday - Friday, 8:00 a.m. – 4:00 p.m.
- After hours and on weekends, call (623)439-2224