



22605 SE 56th Street Ste. 110
Issaquah, WA 98029
P: 425-369-1533 F: 425-369-1536

HOME CARE FOLLOWING ORAL SURGERY - KIDS

GENERAL COMMENTS: Our goal is to have your healing be as comfortable and smooth as possible. Proper home care is very important. Here are some general instructions to follow while you are healing. If you have any difficulties or concerns after your surgery, please do not hesitate to call or return to the office for follow-up. Our office phone is (425-369-1533). If it is after hours, there is an emergency number on the answering machine.

Gauze: If you leave the office with a gauze sponge in your mouth, you may discard it once you return home as long as bleeding has stopped, unless you have been instructed otherwise. DO NOT sleep with the gauze sponge in your mouth.

Diet: We encourage you to drink fluids immediately following surgery and gradually begin eating softer foods as soon as possible. DO NOT use a straw for the first 2 weeks after surgery and avoid rice and brittle, crunchy or chewy foods for several days. A diet rich in protein-eggs, meats, cottage cheese-is desirable to promote healing.

Activity: Over-exertion may start or intensify your pain-avoid excessive work or play. It is not necessary to remain indoors following uncomplicated surgery. However, rest and minimal activity after extensive or prolonged oral surgery will greatly minimize pain, swelling and bleeding. *Driving or similar activities are not to be done the day of the procedure due to the sedation medicines.*

Skin Discoloration/Bruising: The skin in the area of the surgery may become yellow, black and blue. This will gradually disappear within 10 - 21 days and requires no treatment.

Brushing: Start gently brushing the teeth the first evening, using hot water to soften the toothbrush bristles. Tooth paste is generally O.K. Take special care to be gentle around the surgical areas.

Bleeding: Some oozing of blood is to be expected for about the first 24 hours. If bleeding is extensive or prolonged, the following procedure should be followed: After rinsing your mouth several times with cold water, use sterile gauze to wipe away all blood clots not in the tooth socket or in the surgical area. Then take a single folded gauze, place it over the bleeding area and apply firm pressure by biting down on it for at least 30 minutes. If bleeding continues, repeat the process. Often a moistened regular tea bag wrapped in a single gauze placed over the surgery site and again apply firm biting pressure will quickly stop excessive bleeding. A quiet, upright position, the constant firm pressure of the gauze pack over the surgery area, and cold applied to the side of the face will control most bleeding. Blood clots in the mouth often appear grayish. If bleeding is continuous please call us at (425) 369-1533.

Pain: Some discomfort may be present for 7-10 days following the simplest surgery. Pain may be felt in the ear, under the lower jaw and in the temple region. Typically patients only require the prescription pain medicine for a few days, and can maintain comfort by continuing the use of the Ibuprofen.

Antibiotics: If Dr. Clayhold has prescribed an antibiotic for your treatment, please fill the prescription prior to your appointment. Do not take any of the antibiotics before the appointment unless specifically instructed to do so.

Medications: Please follow the instructions on the check-marked medications.

- **Ibuprofen - Pain & Swelling Medication** - Ibuprofen taken in a consistent and scheduled manner **(200mg four times a day - breakfast, lunch, dinner, and bedtime)** serves to decrease the inflammation which causes the pain. The Ibuprofen should be taken for 7 days, unless otherwise directed by Dr. Clayhold. For some kids, Dr. Clayhold may recommend 400 mg each dose.
- **Amoxicillin or Clindamycin - Antibiotic** - **Take four times a day (breakfast, lunch, dinner, and bedtime) at the same time as the Ibuprofen until the antibiotic is gone.** Note: Take Ibuprofen and antibiotic together with food for 7 days.

- **Vicodin or Loritab (i.e. Hydrocodone) - Pain Medication - If prescribed, medication should be taken in between Ibuprofen doses as needed (45 - 60 minutes after the Ibuprofen).** This medication often cause drowsiness, so do not take it if you are leaving your home-especially if you intend to drive a car. This medication should not be taken sooner than every four hours and no more than 4 times a day.

Reminders:

The following items should cause **No Concern**:

- a. Slight oozing of blood for 24 hours
- b. Swelling which occurs within the first 48 hours
- c. Moderate discomfort controlled well by medication
- d. Discoloration of the skin next to the site of surgery
- e. A slight elevation of temperature during the first 24 hours after surgery
- f. Discoloration of the blood clot, unpleasant breath odor or “bad taste” in the mouth

The Office number (425-369-1533) should be called for any of the following:

- a. Profuse, uncontrollable bleeding
- b. Severe, uncontrollable pain
- c. Swelling which begins after the first 48 hours following surgery
- d. A markedly elevated temperature
- e. Any generalized itching or skin eruption (i.e. hives)
- f. Any situation which is not covered by these instructions or which you feel should be brought to our attention

The after-hours emergency phone number is on our voicemail.

Please note that pain medications cannot be called in over the weekends. Please call during regular office hours Tuesday through Friday for any pain medication concerns or questions.