



**PANHANDLE
ORAL & MAXILLOFACIAL SURGERY**



PRE & POST SURGERY **GUIDE**

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Post-Operative Instructions

Gauze Packs

- After your surgery you will need to change the gauze that you are biting on. Extra gauze has been provided in your post-operative bag. Take a few pieces, fold it in half, and then fold again into a small, tight pad. Place pack directly over the surgery site and bite down against the gauze firmly. This firm, biting pressure is the key to controlling the capillary bleeding from the incision or surgical site. Keep the gauze packs in place until you have stopped bleeding (change the gauze when you have noticed it is full of blood). Remove packs to drink & eat and replace them with clean packs. Additionally, you may remove the packs before going to sleep. The length of time that you will have bleeding varies from patient to patient but could persist until the day following surgery. **DO NOT SPIT**, spitting only prolongs the bleeding. If profuse bleeding or any other problems occur, please contact our office.

Diet Tips

- For the first day following surgery, you will need to stay on a cold, soft diet. Foods such as Jell-O, pudding, apple sauce, ice cream, frozen yogurt, Gatorade, and fruit juices are recommended. A milkshake may be eaten with a spoon. Avoid spicy and crunchy foods for one week. This will prevent injuries to the surgical site(s). **DO NOT** use a straw, drink sodas, bubbly alcohol, spit, swish, smoke, or vape. The force of sucking could dislodge your blood clots and encourage prolonged bleeding. Drink sufficient fluids throughout your recovery to prevent dehydration. On the second day after your surgery, you may begin to progress to warm soft foods like mashed potatoes, scrambled eggs, cooked cereals, or soups, but allow these foods to cool down significantly first. On day three, you can eat tougher foods such as burgers, chicken, and hot dogs; these foods will help you work out the muscles in your mouth.

Prescriptions

- After you have eaten or had something to drink, you may begin on your medications. Take all prescribed medications as directed. If prescribed antibiotic must be taken until it is finished.
- *For Women Only: If you are using oral contraceptive it is important that you understand that antibiotics and other medications may interfere with the effectiveness of oral contraceptives. Therefore, you will need to use an alternative form of birth control for one complete cycle of birth control pills after the course of antibiotics or other medications is completed.*

Bed Rest

- Rest for the remainder of the day and it is recommended that you elevate your head about 30 degrees. Place an old towel or pillowcase over your pillow, as some drainage is likely while you sleep or turn on your side. The patient will need to have someone stay with them for the remainder of the day.

Post-Operative Instructions

FOR SEDATIONS ONLY

Absolutely **NOTHING** to eat or drink **8 hours** prior to your surgery. This includes chewing gum and mints. **YOU WILL BE RESCHEDULED. NO EXCEPTIONS.**

Ice/Swelling

- Apply ice packs to the outside of your cheeks for the remainder of the day of surgery. **Alternate the ice packs from one side to the other every 15-20 minutes.** Some degree of swelling and discomfort following surgery is to be expected. Discoloration and a slight stiffness of the jaw can be normal post-operative events and you should not be alarmed. **Maximum swelling occurs within 48-72 hours following surgery and may last for several days.**

Assistance

- We would ask that the person bringing you for your surgery remain in the office waiting area during surgery as well as staying with the patient for the remainder of the day (if you had intravenous anesthesia). Your reflexes, depth perception, and judgement will be altered somewhat for several hours following the procedure and it will be necessary to have help with your meals, taking medication, and navigating to the restroom.

Brushing/Rinsing

- **Brush your teeth as usual**, keeping your mouth as clean as possible throughout your recovery, avoiding the area of surgery with the bristles of your toothbrush. Warm water with baking soda rinses may be started the day following surgery and utilized 3 to 4 times per day to help keep the surgical sites clean and free from food particles.

IV Site

- If medication is given intravenously (injected into the vein or your arm or hand), you may expect some tenderness or bruising around the site of the injection. Moist heat (warm, wet cloth) or dry heat (heating pad on low heat) to the area the next day will ease any discomfort.

DO NOT

- Smoke during your healing process. The nicotine delays healing and aggravates bleeding.
- Drive a car, operate machinery, or drink alcoholic beverages while taking prescribed pain medications.
- Take pain medication on an empty stomach. **It will cause nausea.**
- Breast feed for 12 hours if you were sedated for surgery.

Wisdom Teeth Removal Checklists

Being prepared for wisdom teeth removal surgery can alleviate some of the anxiety surrounding the procedure and make recovery that much easier. Use the checklists below to guide you through your wisdom tooth extraction.

Pre-Surgery Checklist

- ☐ Arrange for transportation postoperatively
- ☐ Prepare soft food items to eat post-surgery
- ☐ Stop ALL food & liquid intake 8 hours before surgery
- ☐ Have books, magazines & movies on hand for rest post-surgery
- ☐ Purchase non-carbonated drinks for easy consumption post-surgery
- ☐ Prepare an area in your home for recuperation post-surgery
- ☐ Wear a short-sleeve shirt, so the doctor can have access to your arm.

Post-Surgery Checklist

- ☐ Fill pain medication prescriptions
- ☐ Do not rinse for 24 hours. Do not spit for 7 days. It is okay to swallow.
- ☐ Keep fingers/tongue away from the surgical area
- ☐ Apply ice to face for first 24 hours (20 minutes on – 20 minutes off)
- ☐ Take prescription/OTC pain relievers as directed
- ☐ Drink plenty of liquids; avoid use of straws to prevent dry socket
- ☐ Eat only soft food items
- ☐ Chew gum at intervals to relax stiff jaw muscles
- ☐ Apply warm, damp towels to the face for muscle soreness after 24-36 hours
- ☐ Do not smoke for at least 5 days post-surgery to prevent dry socket

After Wisdom Teeth: What to Eat & Avoid

First 24 hours: Only cold, soft foods

Apple Sauce

Milkshakes

Yogurt

Cottage Cheese

Protein Shakes

***Make sure to not use a straw**

Gelatin

Pudding

***Avoid berries with small seeds**

Ice Cream

Smoothies



Day 2: Start warm, soft foods

Mac and Cheese

Scrambled Eggs

Mashed Potatoes

Soups

Oatmeal

***Opt for pureed style soups like tomato**

Pasta



Foods to AVOID

These foods are **off limits** because they can get stuck in, scrape, damage, or irritate the extraction site:

Chips

Popcorn

Alcohol (while on pain meds)

Crackers

Hot or Spicy foods

Carbonated Drinks

Nuts and Seeds

Sticky or Chewy foods



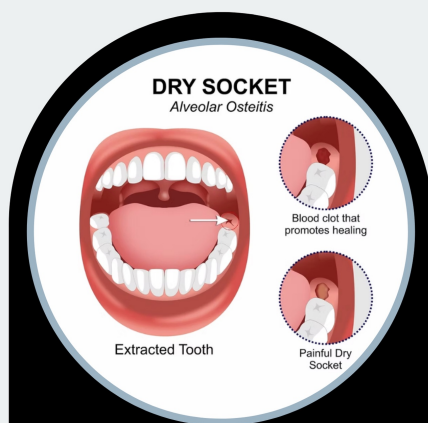
Understanding a Dry Socket

You probably think having a tooth pulled is not a particularly enjoyable experience. You no doubt expect to experience some discomfort afterward. You can endure it when you need to. But if the pain becomes more intense and perhaps even worsens after a couple of days, it may be a symptom of a condition called **dry socket**.

The socket is the hole in the bone where the tooth has been removed. After a tooth is pulled, a blood clot forms in the socket to protect the bones and nerves underneath. Sometimes the clot can become dislodged after a couple of days after the extraction. This leaves the bone and nerve exposed to air, food, fluid, and anything else that enters the mouth. **This can result in severe pain that may last up to 4-7 days.**

Symptoms

The pain typically starts about 7 days after the tooth was pulled. Over time it becomes more severe and can radiate to your ear. You know you have a dry socket when the prescribed pain medication does NOT help.



Who's at Risk?

Some people may be more likely to get dry socket after having a tooth pulled. That includes people who:

- have wisdom teeth pulled
- smoke, suck through a straw
- have poor oral hygiene

How is it treated?

The dental assistant will irrigate the socket removing any debris from the hole, then place a small medicated dressing to promote the healing. Avoid eating for the next 2 hours so the medicated dressing does not become dislodged from the extraction site. 90% of the people will almost instantly feel immediate relief and do not have to be re-treated. For some of the unlucky ones you might have to be re-treated a few times to promote the healing process.

Rinsing and spitting a lot or drinking through a straw after having a tooth extracted also can raise your risk of getting a dry socket.

If you suspect you have a dry socket, please give our office a call at (806) 367-9990. If it is after business hours, listen to the voicemail. It will give you an emergency phone number for you to reach the assistant on call.

Acceptable Financing Options

Panhandle Oral & Maxillofacial Surgery would like to take the time to go over a few financing options available to you. All options listed below require credit scores and are accepted as forms of payment. The payment options are also available at Domain Surgical.



Option 1: Sunbit

Sunbit is our newest financial opportunity. They offer an **85% acceptance rate** and approval for low credit scores **without a hard inquiry on your credit score**. They offer a wide range of **payment options from 6 to 72 months at 0% interest**, as well as APR financing options depending on the length of payment option you selected. There is an occasional down payment needed, that can be as low as \$1.00. Sunbit is our fastest way to qualify for buy now pay later dental solutions. **Contact our front desk to apply. You must apply for Sunbit in our office at least 1 day before scheduled treatment.**



Option 2: Amarillo National Bank

Amarillo National Bank offers 0% interest for up to 24 months depending on the amount of loan. You must take your treatment plan to the bank when applying. Our loan officer is Kendra Massey and she is located at the 34th and Soncy branch (3390 Soncy Rd, Amarillo TX, 79124). Her contact information is kendra.massey@anb.com and phone number is (806) 354-4040.



Option 3: Care Credit

Care Credit is a health and wellness credit card with flexible financing options so you can pay over time for the treatment needed. They have 12 and 18 month with no interest options. You can apply at **CareCredit.com** or call (800) 365-8295.



Thank you for choosing **POMS!**

If you have any questions, please don't hesitate to call our office. After hours, please listen to our recording for the emergency contact number to reach the assistant on call.

Contact Information

(806) 367-9990

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