

## The Katy Center for Oral and Facial Surgery Guide to

### Postoperative Pain Management:

Postoperative pain management is a process where best results are achieved through multiple modalities and medication. The most important aspect of pain management is adhering to a strict schedule that not only alleviates but also anticipates the discomfort and pain that follows your procedure.

Unless otherwise specified by your surgeon, you will receive a prescription for pain management through medications.

**\*It is possible you will receive a prescription for an antibiotic as well as an antibiotic mouth rinse. It is important to know that these are not pain medications.\***

Literature has shown that staying on schedule is the most important aspect to aid in postoperative discomfort. On the following page, we have provided a sample clock as well as a pain score diagram with directions that will help you create a schedule and stay on track when taking your medications.

**Non-medication modalities:** Along with medication, other modalities that aid in relieving the discomfort and pain can come with procedures.

**Icing:** Icing the face for 20 minutes on and 20 minutes off for the first 3 days after your procedure will help remarkably to soothe pain and allow one to feel more comfortable.

**Stretching:** It is normal, especially after wisdom tooth surgery, that the range of motion of your jaw is decreased. This manifests as an inability to completely open one's mouth. This is absolutely normal after wisdom tooth surgery for approximately the first 3-7 days. It is common for the muscles that control the jaw to feel tight. By stretching the jaw open completely, it will aid in the tight and sometimes painful feeling that can occur in the muscles between the cheekbones in the lower jaw.