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BOARD CERTIFIED ORAL & MAXILLOFACIAL SURGEON

Post Op Instructions

It is important that these instructions are followed carefully in order to minimize the rise of post-surgical complications. It is our desire that your recovery be as pleasant as possible, so do not hesitate to call the office for advice.

First 24 hours- Diet such as ice cream, Jell-O, pudding, applesauce and yogurt should be followed to help soothe surgical sites as well as help decrease bleeding.

First 2 days after surgery- The gauze that has been placed over surgical sites is acting as a bandage to add pressure to control bleeding and swelling. Approximately 60 minutes after leaving our office remove and replace gauze with a fresh piece if bleeding persists. Apply pressure to the new piece for another 60 minutes. Do not be alarmed if slight oozing continues for several days. Do not spit, this can cause more bleeding. If you are unsuccessful in controlling the bleeding, please contact our office.

-To reduce swelling and bleeding, elevate your head by resting on two or more pillows and remain in a reasonably upright position for the first 12 hours following surgery. General rest should be followed for several days after surgery.

- An ice bag should be used during the first 2 days to reduce swelling and bleeding. The ice bags should be used on each operative side and be wrapped in a wet towel to give good cold transfer to the face. Use the cold packs until bedtime and then resume the following morning until the first 48 hours has passed.

- It is a good idea to take one or two pain pills as soon as you can after arriving home. This medication may be dissolved in any type of fluid for ease of administration. In general, it is a good idea not to take medication on an empty stomach. You may substitute aspirin, acetaminophen or ibuprofen for the prescribed pain medication as desired. Take pain medication with milk, if possible.

-Dehydration hinders healing. Drink plenty of fluids, avoid hot liquids.

Try to begin hot meals with soups and soft foods, progressing onto solid foods. Nutritionally balanced diet of soft foods and liquids is essential for healing and gaining strength. Fluids should be taken in extremely large amounts.

-DO NOT DRINK THROUGH A STRAW AND NO SMOKING OF ANY KIND FOR 72 HOURS!

-Keep lips and corners of the mouth lubricated with Vaseline or Carmex.

Start brushing teeth gently the day after surgery, avoid brushing the surgical area. Maintain oral hygiene with a toothbrush careful not to irritate surgical areas.

You may use a Q-tip to cleanse tender areas. Brushing of the tongue is highly recommended. Mouthwash of your choice may be used.

Meticulous cleanliness of the mouth is essential to rapid healing and to prevent or control any post- op infection.

- Nausea and/or vomiting may occur during the post op period. If this continues contact our office for assistance.

After the first 2 days - Discontinue the use of ice. In order to reduce swelling use moist heat compress on the face.

For example, a moist towel wrapped around a hot/warm water bottle. Heat should be used continuously. Be careful not to burn the face.

Do not be alarmed if an increase in swelling occurs when starting the heat compress, this swelling will dissipate.

-Periodic gentle rinsing of the mouth with warm saltwater solution or diluted mouth rinse helps soothe surgical sites.

-Continue the use of any prescriptions written to you as directed.

-Rest is very important factor in healing.

Beware of heavy physical activity for 10 days after surgery (typically for wisdom teeth)

-Do not disturb the blood clot that fills the extraction site.

In a few days the blood clot will change to a yellowish or graying color and have a slight odor. This does not indicate an infection.

- The hard edges or prominence of the bony process you may notice after an extraction can sometimes be mistaken as part of a tooth, this will soon be covered with tissue and smoothed down by absorption.

- Do not be alarmed about numbness or tingling of the lips, chin, tongue, stiff joints, black and blue discoloration of the face, cracked corners of the mouth, slight fever, or bony cavities in the surgical sites as these are conditions that are most often temporary and are probably associated with the oral surgery procedure.

If numbness or tingling persists for more than 3 days, or if complete numbness is present the day after surgery please contact our office so we can assist and monitor symptoms.