**North Atlanta Oral and Maxillofacial Surgery**

*Dr. Dale R. Duncan*

**Emergency Telephone**

**Answering Service**

**(770) 664-6533**

**POST-OPERATIVE HOMECARE INSTRUCTIONS:**

**GAUZE: TAKE GAUZE OUT WHEN YOU ARRIVE HOME and DO NOT REPLACE.**

Continued use, chewing, or biting of the gauze will prolong bleeding.

**POST-OPERATIVE BLEEDING:** Some oozing (for a period of 24-48 hours) after oral surgery is normal. Dilution by saliva makes bleeding appear greater.

* If persistent/excessive bleeding does occur, use of soft biting pressure on a tea bag, folded in a gauze pad, will be helpful. Remember, if bright red bleeding persists, despite several attempts to stem the flow, contact the office.

**BEVERAGES AND FOOD:**

* **AS SOON AS YOU ARRIVE HOME**, **DRINK FLUIDS**. Carbonated beverages (Coke, Sprite, Ginger Ale, etc.) are well tolerated on an empty stomach.
* **10 MINUTES AFTER FLUIDS, EAT SOMETHING BLAND** (Soup, saltine crackers, toast, broth, pancakes, waffles, French toast, eggs, etc.)
* **RESUME REGULAR DIET, WITHOUT RESTRICTIONS, BY LUNCH TIME** *if* beverages and bland foods are tolerated without nausea or vomiting**. Do NOT eat hard foods** (i.e. rock candy or hard nuts) for about 6 to 8 weeks after surgery. Rinse mouth with water after consuming milk products.

**ICE PACKS:**

***SURGERY DAY:***

* **ICE PACKS ARE TO BE WORN FOR THE FIRST 12 HOURS** following surgery, all day, until bedtime. Change the ice in the bag every 1 to 2 hours.
* Keep head elevatedabove your heart with an extra pillow.

***DAY TWO:***

* **ICE PACKS ARE TO BE WORN 30 minutes ON / 30 minutes OFF** *all day* until bedtime.

***DAY THREE:***

* Stop using ice packs

***\*\*\* Please note that the greatest amount of swelling is the day after surgery\*\*\****

**ORAL HYGIENE:**

***SURGERY DAY:***

* **BRUSH TEETH AND TONGUE** with a soft toothbrush and toothpaste after meals and before bedtime.
* Keep lips and corners of mouth moist (i.e. Vaseline, Burts Bee, Blistex, etc.).

***DAY TWO:***

* **START WARM SALT-WATER RINSES.** Mix 1/8 teaspoon of salt with 6 - 8 ounce of warm water. Gently rinse for 5 minutes, every 3 -4 hours, for 2 weeks following surgery.

***DAY THREE:***

* **Start massaging** along the base of the jawline, while gently rinsing with warm salt water for 5 minutes, every 3-4 hours, for 2 weeks following surgery.
* If commercial mouthwash is used, dilute 50/50 with water before using for approximately one week.

**DO NOT:**

* DO **NOT** DRINK THROUGH A STRAW for 4 days post-op.
* DO **NOT** FORCEFULLY RINSE YOUR MOUTH for 1-week post-op.
* DO **NOT** FORCEFULLY SPIT OUT for 1-week post-op. Forceful repetitive spitting can cause bleeding.
* DO **NOT** DRINK EXCESSIVELY HOT LIQUIDS for 1-week post-op.
* DO **NOT** DRINK ALCOHOLIC BEVERAGES! Alcohol will react with the prescribed pain medication and antibiotics.
* DO **NOT** SMOKE for 1-week post-op! Smoking creates a suction that will loosen blood clots, and cause bleeding, increased pain, and dry sockets.
* DO **NOT** resume athletics or exercising until seen for post-operative recheck appointment.

**Post-Surgical Medication Dosing Instructions**

***1st Dose Starting At:***

**Pain Medication: ­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_**

* 1 pill every 3-4 hours as needed for ***SHARP*** pain 1 to 2 days post op including through the night. This medicine contains Tylenol – do NOT take any additional Tylenol (Acetaminophen) while on this medicine.

***1st Dose Starting At:***

**Ibuprofen, Aspirin, or Tylenol**: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_**

* Every 4-6 hours as needed for ***DULL*** pain for 4 to 5 days post op.

**Antibiotic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* 1 pill four (4) times a day, or as directed. Recommend Breakfast, Lunch, Dinner, and Bedtime.

**Anti-Swelling: Medrol Dose Pack**

* Take as directed on package insert.

**Nausea: Zofran (Ondansetron)**

* Dissolve 1 tablet under tongue every 6 hours for nausea.

**POSTOPERATIVE FOLLOW-UP APPOINTMENT:**

It is important to return to the office for your follow-up appointment. After a short exam you will be given additional post-operative instructions. By following these instructions, you will minimize the chance of postoperative healing problems. If you have any additional questions or postoperative problems, please contact the office.

Sincerely,

***Dr. Dale R. Duncan***

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