



Aspire

ORAL & MAXILLOFACIAL SURGERY

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POST-OPERATIVE INSTRUCTIONS

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PAIN CONTROL

(a) The best medication to take initially for the post-operative discomfort is an anti-inflammatory, unless you have been told by your physician to avoid these medications. Begin the anti-inflammatory medication as soon as you get home from surgery before the numbness wears off to allow the medication to work. Please take it regularly (scheduled) for the first 48–72 hours then as needed.

Ibuprofen (*Advil*): 600–800mg every 8 hours

OR

Naproxen (*Aleve*): 500mg every 8 hours

Maximum Dose: 3200mg Ibuprofen or 1250mg Naproxen in 24 hours.

- (b) You may begin your prescribed narcotic pain medication after surgery as needed. Allow the anti-inflammatory to work as you may not need the narcotic. You may take this with the anti-inflammatory or alternate the two. These medications work differently.
- (c) The most significant post-operative discomfort occurs approximately 48–72 hours after surgery but may continue through the first week. You have sufficient pain medication to help you through this time.

ANTIBIOTICS

If you were prescribed antibiotics for your surgery, begin taking them 3–4 hours after surgery. Take the recommended dosage each day, until gone.

MOUTH RINSE

If you were prescribed **Peridex** (*Chlorhexidine Gluconate*) or **Peroxyl**, begin using it the night after your surgery. Use this medicated mouthwash two times a day — morning and night — after brushing. If during the day you feel the need to rinse your mouth, do so with warm salt water.

BLEEDING

You just had **SURGERY**. Bleeding is normal and may continue for a few hours. Bite down on gauze firmly for 45 minutes at a time, continue to do so until bleeding subsides. If bleeding continues for several hours you may bite down on a tea bag for 45 minutes to help. Gauze that is pink and wet actually has very little blood and means that bleeding has nearly stopped.

SWELLING

You may experience swelling after your surgery. This is completely normal. Swelling increases over the first 72 hours after surgery before it gets better. Apply **ICE** to the affected area, 20 minutes at a time, during the first 24 hours. After the first 24 hours, you may need to apply **HEAT** to the area to help the swelling go away. The gel-ice pack provided can also be microwaved to act as a heat pack. Be cautious not to burn your skin.

SUTURES

Unless told otherwise the stitches used during your surgery are dissolvable and will fall out on their own over time. Some fall out in 5–7 days, others may take 2–3 weeks. If they come out early it is not an emergency.

DIET

We recommend staying on a mechanical soft diet for the first 2–3 days after surgery. Foods that are extremely hot or cold may be extra sensitive initially after surgery so these should be avoided. If you had a lower tooth removed, avoid straws for the first week to prevent dry socket.

SMOKING

DO NOT SMOKE after your surgery, this will significantly limit your ability to heal.