



Post-Operative Instructions (Surgery)

What are my post-operative instructions?

- Minor bruising on the skin, superficial to the area of surgery is normal after 24 to 48 hrs, which gradually lightens and disappears in a few days .
- You may be biting on gauze when you leave the clinic.
- This gauze should remain for 30 minutes. After that, you may take the gauze out .
- AND If it is bleeding like a fresh wound (bright red, dripping blood) bite on additional fresh gauze for approximately 30 more minutes.Repeat as necessary until the area is slight oozing and blood is dark & clotting.
- Remember a little blood and a lot of saliva will look like a lot of blood, usually it is just a lot of saliva.
- Do not smoke, spit, drink through a straw, or drink carbonated beverages for 3 days after surgery.
- STRICTLY No rinsing for the first 24 hours.
- If you had upper teeth removed avoid blowing your nose and sneezing for the first week (if you must sneeze, do so with your mouth open to prevent sinus damage).
- Use an ice pack to reduce swelling and pain—two to three times. for the first 24 hours (while awake).— To the effected face / jaw immediately upon returning home
- Peak swelling should occur between the second and third day postoperatively and diminish slowly thereafter.
- After the first 24 hours, discontinue ice.
- After the first 24 hours following surgery, rinse gently with warm salt water after every meal. This can continue 1-2 weeks. Brush gently avoiding the extraction sites for 1-2 weeks.

What can I expect after surgery?

- Minor bleeding and “oozing” for 1-2 days.
- Pain and discomfort slowly improving in 1-5 days.
- Swelling for 1 week becoming worse on the 2nd and 3rd day after surgery.
- Tightness and stiffness to the jaw and joint areas.

Are there diet restrictions after surgery?

Your first day will consist of soft, cool foods such as: pudding, porridge yogurt, mashed potatoes, rice cottage cheese and ice cream. Soup is fine as long as it is room temperature only. Around day 3-4 you may resume regular diet as tolerated, but should your jaw start to ache, resume soft diet for a couple more days to rest the jaw muscle.

What medications will I have to take?

How will I manage pain after surgery?

- You may be given pain medication and a prescription for antibiotics. Be sure to take them as directed.
- After oral surgery procedures, pain is best managed with scheduled doses

Rest

Avoid overexertion and get adequate rest. Avoiding sports, exercise, and strenuous activity for at least 2–3 days is generally recommended.

When should I call my doctor?

- If you have increased swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting, increased irritability, or constipation.

Post-Op Visits

If you have been given an appointment for post-operative care, please return to the office as scheduled. If you are experiencing problems or have questions, we can usually arrange a post-operative visit on short notice. Please note that there are no additional charges for post-operative care visits.

Who should I call if I have questions?

Orofacial professionals

0321-8299789