



POST-OPERATIVE CARE INSTRUCTIONS

ACTIVITY: It is very important that you go home after the procedure and rest. Tomorrow you may proceed with your daily routine. However, you should go easy with physical activity for the first few days. No heavy cardiovascular exercise is recommended. You may experience brief periods of chills or weakness following a surgical procedure.

PRESCRIPTIONS: Some discomfort following oral surgery is to be expected. Advil (Motrin) or Tylenol (acetaminophen) may be used immediately after the procedure. If you receive a prescription for pain medication, take the medication as recommended by your doctor. Do NOT drink alcoholic beverages, drive a vehicle, or operate any machinery while taking the prescribed pain medication. If you receive any other prescriptions, such as an antibiotic, follow the directions carefully. Please call our office if you have any adverse reactions to any medication.

SWELLING: Apply ice pack(s) **gently** to the outside of the face (over the area that was treated) to control swelling. These packs should be applied for fifteen minute intervals which alternate with five minute intervals during which no ice is applied. This procedure will be beneficial for the day of the surgery. Do not use ice after the first day. You may have some bruising.

ORAL HYGIENE: Keep your mouth clean. Your compliance is an important part of the healing process. You may be given a prescription for an antibacterial mouthrinse called Peridex (Chlorhexidine) to rinse or swab with as prescribed by your doctor. You may start this mouthrinse the day after surgery. Frequent warm water rinses (salt is optional) may be used as well. Do NOT brush or floss the area(s) where the treatment was performed. You may brush elsewhere in the mouth except the surgical area.

DIET: Proper nutrition, a well-balanced diet, and adequate intake of fluids are essential for proper healing. A liquid or soft diet is important so that the healing tissues will not be injured. Please avoid “crunchy” foods such as popcorn, chips, nuts, etc. Please drink as much fluids as possible during the first few days after surgery. Do NOT use straws. Make sure your caloric intake is comparable to your normal daily intake. Use of tobacco and alcohol should be avoided.

BLEEDING: There will be blood in the saliva after surgery. This is normal. Protect your pillowcase with a towel. If there is bleeding, find the spot where it is coming from and hold a piece of **damp** gauze with firm pressure for ten minutes. If this does not control the bleeding, repeat the firm pressure for another ten minutes. You may use a **moist** tea bag. If bleeding still persists, call your doctor. Do NOT try to stop the bleeding by removing the surgical dressing, sutures, or rinsing.

BANDAGE: A surgical packing or bandage (pink putty) may be placed. You doctor will inform you if it was used. The packing or bandage may stay in place until the next appointment. If it loosens or falls out and there is no bleeding and minimal discomfort, then **gently** remove the loose packing and do not replace it. Instead of brushing, you may clean the surgical area using a Q-tip soaked in Peridex to clean around the teeth and gums. However, if the surgical area is bleeding profusely and/or extremely painful, call the office.

PLASTIC MOUTH GUARD: For specific procedures a plastic mouth guard (retainer) may be used for your comfort. The plastic mouth guard on the roof of the mouth may be removed after 24 hours. Clean the guard and place the guard back in the mouth. After the first 24 hours, you may use the guard as little or as much as you want. If you keep the mouth guard in your mouth, please remove it two to three times daily for cleaning of the upper teeth.

SUTURES: Sutures may be placed and should not be tampered with or removed.

We will see you for follow-up care. If you have any questions, you may call our office at 515-223-9700.