



POST-OPERATIVE INSTRUCTIONS FOR PATIENTS WHO HAVE UNDERGONE ORAL SURGERY

GENERAL INSTRUCTIONS:

1. AVOID strenuous physical activity for a few days.
2. AVOID smoking for the first 48-72 hours following the procedure.
3. Do not use a straw for the first few days post-surgery.
2. Start the prescribed medications immediately and AVOID all alcoholic and carbonated beverages.
3. The pain medications prescribed for you may cause drowsiness and impair your ability to drive and perform delicate tasks. Avoid all activities requiring your full, alert attention while on pain medication.
4. Be sure to drink plenty of fluids during the healing process.
5. Apply cold compresses to the surgical side of your face INTERMITTENTLY during the first 48 hours. Following this period, apply moist or wet warm compresses intermittently to reduce swelling as needed.
6. If necessary, you can lubricate the corners of your mouth with lip balm.
7. Begin a complete, but soft diet and avoid spicy and crunchy foods.

DETAILED INSTRUCTIONS:

1. **Oral Hygiene:** If prescribed, utilize the bacterial mouth rinse (chlorhexidine gluconate) twice daily. Rinse for 30 seconds with one tablespoon of the undiluted rinse. Do not eat or drink 30 minutes after each application. Gentle rinsing of the mouth with warm saltwater (1 pinch salt in 8 oz. of warm water) AFTER the first 24 hours will aid in the healing process, and will help keep the mouth clean. Unless specifically instructed not to, on the day following surgery, extremely light, gentle "brushing" of the teeth and gums involved in the surgical area should be started. Please use only an extra soft tooth brush (one will be provided).
2. **Discomfort:** Following all types of surgery, a certain amount of discomfort is anticipated. If pain is not adequately controlled by the prescribed medication(s), or persists for a prolonged period of time (5 days or more), please contact the office. Pain medication is prescribed to alleviate discomfort during the initial healing period. However, patients may elect to not take this medication at all, reduce the frequency or dosage, or substitute the prescribed pain medication with over the counter medications, such as Ibuprofen (Advil, Motrin), or Aleve.
3. **Swelling:** A slight amount of swelling and discomfort is not unusual following most oral surgery and usually disappears within 2 or 3 days. The use of cold compresses gently applied to the area of surgery for 5 to 10 minutes every 30 minutes (DURING THE FIRST 24-48 HOURS) will help to control the post-operative swelling and discomfort. IF SWELLING PERSISTS, apply moist heat (warm washcloth or hot water bottle). If swelling continues after 2 days, or interferes with swallowing, please call the office.
4. **Bleeding:** Some bleeding or oozing may stain your saliva. If the bleeding is excessive, like a nose bleed, for more than 5 minutes, 2 hours after your procedure, continue to bite on gauze. AVOID exertion, lie down with your head elevated at least 30 degrees (two pillows) and call the office.
5. **Fever:** A slight fever or chills may occur. It is of no consequence unless it persists more than 24 hours. A persistent lowgrade temperature or one above 102 degrees should be reported to our office.
6. **Diet:** Take in fluids immediately and avoid chewing on the operated area of your mouth. Soft foods can be eaten until you feel ready to return to your regular diet. The following require little pressure to chew and provide the necessary nutrients: protein shakes, bananas, cooked fish, cereals, pasta, mashed potatoes and whole grain soft breads. You should continue your usual vitamin supplements. Returning to your normal diet and proper calorie intake will promote faster healing.
7. **Special Medications:** If you are taking other medication prescribed by your physician, be sure to inform your doctor and continue taking them as usual unless otherwise directed. Antibiotics or other medication(s) may be prescribed for you, please take these as directed on the label(s). Antibiotics especially need to be taken as prescribed and one should complete the full regimen as given. Female patients should also be aware that some antibiotics may interfere with the effectiveness of certain oral contraceptives.