

## POST-OPERATIVE INSTRUCTIONS

1. **BITE ON MOISTENED GAUZE FOR 1 HOUR, THEN REMOVE IT.** Do not disturb the surgical area with fingers or by sucking on that area. No rinsing or spitting for the first day. You may start brushing your teeth the next day. Do not use drinking straws or smoke for 2 weeks. No alcoholic beverages for 3 days or while taking pain pills. Tomorrow, start rinsing with a small amount of diluted mouthwash or Peridex, if prescribed, or warm salt water (1/2 tsp. salt to 8 oz. warm water). Rinse after meals for a period of one to two weeks, or until all tenderness is gone.
2. **OBSERVATION:** If you underwent intravenous sedation or general anesthesia, please have a responsible adult with you (eyes on patient) at all times for at least 12 hours following your surgery. During this time, the adult responsible for you should assist you with getting up and down, because light headedness and dizziness can occur. The adult responsible for you should be prepared to call our office should any problems occur.
3. **DIET.** Nourishment for the first day is very important. After the gauze is removed, the patient may have clear liquids especially if nausea is present. A soft diet is recommended for the first three days, followed by a normal diet thereafter. However, depending on your situation, a soft diet may be recommended for an extended period of time. **Do not eat hard or crunchy foods such as nuts, popcorn, chips, crusty bread, salads, raw vegetables and dried fruit or non-soluble seasonings and spices for at least one month following your surgery.** PLEASE NOTE: Pain pills should not be taken on an empty stomach.
4. **PAIN.** The first 24 to 72 hours after surgery are usually the most difficult. Take a pain pill as the anesthetic wears off. Please follow the directions on the prescription. **DO NOT** operate any vehicle, operate machinery of any kind, or make any important decisions at work or at home while taking narcotic pain medications.
5. **BLEEDING.** Some oozing is normal following all procedures for 24 to 48 hours. However, excessive bleeding should be controlled. Place a gauze pad or a cold moist teabag over the wound. Hold firmly for 30 minutes by closing your teeth together, place an ice pack on your face covering the surgical area and elevate your head 45 degrees. If bleeding does not subside, call us for further instructions.
6. **SWELLING.** In order to minimize swelling after surgery, use a fabric-lined cool/gel pack on the outside of the face, 20 minutes on and 20 minutes off for 36 hours following surgery. Use of a 3" self-adherent ACE bandage-style elastic wrap, available at most drug stores, comes in very handy to keep cool packs in place. 36 hours after surgery, you may apply warm moist compresses to the outside of the face, 20 minutes on and 20 minutes off for the next 48 hours. Maximum swelling usually occurs on post-op day #3.
7. **NAUSEA.** Nausea can occur after surgery. Make sure bleeding is controlled by biting on gauze as instructed. Nausea after oral surgery is most commonly caused by swallowed blood. Clear liquids, such as broth, 7-Up, or tea, should be taken until the nausea subsides. Prolonged or uncontrolled nausea and vomiting should be reported to the doctor.
8. **MISCELLANEOUS.** Pain in the ear, difficulty opening the jaw, and some local discoloration of the skin can occur with varying severity and frequency. Any symptoms lasting longer than 7 days should be checked by the doctor. Following surgery your jaw will tend to stiffen. To help this, please exercise by opening and closing your jaw periodically throughout the day. Do this after the numbness wears off for 7 – 14 days following your surgery. Occasionally a small piece of bone may work its way out of the tooth removal site. This is often confused for a piece of the tooth left in place. Please have the doctor check the area if any bone fragments cause irritation.

IN CASE OF EMERGENCY, PLEASE CALL (858) 536-2900

IF YOU ARE HAVING DIFFICULTY OF ANY KIND DURING THE LATER PART OF THE WORK WEEK,  
PLEASE ATTEMPT TO CONTACT US BY **12 NOON ON FRIDAY**

(updated 08-03-2010)