

## ORAL SURGERY POST OPERATIVE INSTRUCTIONS

Care of the mouth after oral surgery has an important effect upon healing. Swelling, discomfort, restricted jaw function and cheek discoloration are expected, and so should not cause alarm. These may be minimized by the following instructions. Please read them carefully, it is strongly urged that they be followed.

### 1. HEMORRHAGE CONTROL

Remove the gauze pack upon arriving home, in order to take prescribed medication. Slight bleeding is expected and desirable. Immediately place new folded gauze at the surgery site. If bleeding is excessive, place a heavier roll of sterile gauze, or a moistened tea bag, over the bleeding site and bite firmly for 2 hours with **CONSTANT PRESSURE**. Changing gauze sponges more often causes bleeding. It disturbs the protective clot. Assume a semi-upright bed position using 2 pillows. Spitting causes bleeding by drawing at the origin. Avoid this if at all possible.

### 2. PAIN CONTROL

Have your prescription filled and take as directed on the package. If you develop hives or rash, discontinue all medication and immediately contact this office— 356-3146. Take a pain pill as directed, as soon as you get home. Take pain medication with something to eat. Do not use a straw.

### 3. SWELLING CONTROL

Apply an ice pack to the jaw **IMMEDIATELY** upon your return home, 15 to 20 minutes on and 15 to 20 minutes off. Do this for 5 hours the day of surgery. The second day after surgery, you may apply ice or moist or dry heat to the jaw, 15 to 20 minutes on and 30 minutes off, whichever is more comfortable. You will reach your maximum swelling the third day after surgery. Don't be alarmed. The swelling will begin to decrease after the third day.

### 4. DIET

To skip meals will add to your discomfort. A liquid diet is wise the day of surgery. Then, very soft food, high in protein and vitamins, is recommended for another few days. Examples are, applesauce cottage cheese, yogurt, pudding, jello, eggs, etc. Increase your fluid intake. Watch for irregularity of bowel habits.

### 5. NAUSEA

One ounce of a clear carbonated beverage with the bubbles stirred out, every hour for 5 or 6 hours will usually terminate nausea. Follow this with mild tea or clear broth and soda crackers.

### 6. ORAL HYGIENE

The day following surgery, the mouth must be rinsed gently with warm salt water solution after each meal and at bedtime. Mix a 1/2 teaspoon of salt in a large glass of warm water. The teeth and tongue should be brushed, but avoid the site of surgery. The area of surgery must be cleaned with a cotton swab saturated with 3% hydrogen peroxide. This care must be continued for at least 10 days. Use the plastic syringe 5 days after surgery. Fill it with warm salt water and bathe the area gently after each meal. Continue until your post-operative visit.

7. Smokers are advised not to smoke for 5 days after surgery.

8. Avoid over-fatigue. Go to bed early at night and get adequate rest during the day.

9. If you have had immediate dentures placed, do not remove them, They will be removed in this office at your next appointment.

**NOTE: IN CASE OF ANY UNUSUAL PROBLEM  
CONTACT THIS OFFICE — 408-356-3146**