

**POST-OP INSTRUCTIONS**  
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**CARE AFTER SURGERY**

1. Keep fingers and tongue away from surgical area.
2. Use ice packs on surgical area (side of face) for first 12 hours, apply ice 20 minutes on-10 minutes off. Bags of frozen peas work well.
3. For mild discomfort take Tylenol or Ibuprofen every 4-6 hours.
4. For severe pain use the prescription given to you.
5. Drink plenty of fluids. (**Do not use a straw**)
6. If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles. The use of warm, moist heat to the outside of your face beginning on the second day after surgery will further help with relaxation of the muscles.
7. Diet may consist of soft foods which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, etc.
8. A certain amount of bleeding is to be expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 90 minutes. Then you may eat or drink. If bleeding persists, a moist teabag should be placed in the area of bleeding firmly for one hour straight. This will aid in clotting blood. Repeat if necessary. If bleeding still persists call our office.
9. Please do not smoke for at least 5 days after surgery.

A certain amount of bleeding, pain, and swelling is normal. Reduce your activity as much as possible for several hours. Avoid eating, drinking, and unnecessary talking. These activities may hinder proper healing in the first few hours. Immediately following procedure...begin taking medication as directed by your doctor to minimize discomfort when the anesthesia wears off and feeling is back to normal.

**TO CONTROL BLEEDING**

Immediately following procedure...keep a steady pressure over the surgical site. Pressure helps reduce bleeding and permits formation of a clot. Gently remove the compress after one hour. If bleeding persists, place another compress and again keep steady pressure on the area for one hour.

**TO MINIMIZE SWELLING AND DISCOMFORT**

Immediately following procedure...apply an ice bag over the affected area. Use 20 minutes on and 20 minutes off for 24 hours to help prevent development of excessive swelling and discomfort. If an ice bag is unavailable, simply fill a heavy plastic bag with crushed ice. Tie securely and cover with a soft cloth to avoid skin irritation. Frozen bags of peas make wonderful ice packs and can be refrozen and used repeatedly.

After 12 hours...it should not be necessary to continue with cold applications. You may expect swelling for 7-10 days and a fever of 99-100 degrees F.

If anti-inflammatory medication was prescribed by your doctor, begin taking the medication with food immediately after the procedure and continue as directed. Take the prescribed narcotic medication only if you experience significant pain. If you were not prescribed any anti-inflammatory medication and you do not have known allergy to Aspirin or Ibuprofen (Motrin) you can take 800mg of Ibuprofen (Motrin) every six hours to control mild to moderate pain.

## **ORAL HYGIENE IS IMPORTANT**

24 hours after surgery, rinse mouth gently with a solution of one-half teaspoonful of salt to dissolve in a large glass of warm water (tea temperature). Repeat after every meal or snack for 7 days. Rinsing is important because it removes food particles and debris and thus helps promote healing. Brush tongue with dry toothbrush to keep bacteria growth down, but be careful not to touch the surgical site.

Resume your regular tooth brushing, but avoid disturbing the surgical area.

## **MAINTAIN A PROPER DIET**

Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids-with meals and in between. Have what you wish, but be careful not to disturb the blood clot. Add solid foods to your diet as soon as they are comfortable to chew.

## **IN CASE OF EMERGENCY**

If you should have any problems such as excessive bleeding, pain, or difficulty in opening your mouth, call our office immediately for further instructions or additional treatment.

## **REMEMBER YOUR FOLLOW-UP VISIT**

You are scheduled to return for a post-operative visit to make certain healing is progressing satisfactorily. In the meantime, maintain a healthful diet, observe rules for proper oral hygiene, and call our office if you have any questions.