

## POST-OPERATIVE INSTRUCTIONS

1. Nutrition is an important factor after oral surgery. We encourage our patients to have plenty of liquid and soft foods as soon as you arrive home. Allergy permitting, a recommended diet following oral surgery would be cool or luke-warm soft foods such as **yogurt, jello, pudding, sherbert, ice cream, applesauce, scrambled eggs, pasta, oatmeal, mashed potatoes, etc.** Drink plenty of cool liquids (**no straws**) and avoid **HOT** foods or beverages. Crunchy/chewy food should be avoided until the surgical site is healed. Usually your diet will return to normal within a week.
2. Never take medication for pain on an empty stomach. Take pain medication 15 to 20 minutes after liquids and soft foods have been taken. If pain medications have not been prescribed, Tylenol or Advil could be taken (if no contraindications to these medications).
3. If your surgeon prescribes an antibiotic - please take until the prescription is finished. Report unusual side effects (i.e. rash, diarrhea, nausea, etc.) to the office.
4. Do not drink through a straw or smoke cigarettes. No rinsing the day of surgery.
5. Do not use a toothbrush in the area of surgery, but brush all other teeth tonight.
6. Do not lay flat - use pillows to prop your head up. Continue this for 48 hrs.

*All of the above can interrupt the normal clotting at the surgical area and a dry socket can result (loss of clot).*

PLEASE FOLLOW THE GUIDELINES AS LISTED BELOW FOR THE BEST RECOVERY POSSIBLE.

1. *When you arrive home:* If you still have gauze packing in the surgical area, change the gauze packing every 1/2 hour until clean. Ice packs should be used for up to 48 hours depending on the nature of surgery. Swelling frequently worsens the second to third day.

2. *Day after surgery:* Begin using warm salt rinses. Do this by dissolving 1/2 teaspoon of salt into 8oz. of warm water. Gently rinse the area of surgery not to dislodge the blood clot. This should be done after eating and before bedtime for several days following surgery. This is both healing and soothing to the surgical area.
3. *Forty-eight (48) hours after surgery:* Discontinue using ice packs. You may apply warm wet compresses to the cheek or jaw.

### The following is a list of conditions and some home treatments for your convenience:

1. **PERSISTENT BLEEDING:** Wrap a wet tea bag with gauze and place on surgical site for 20 minutes then repeat 2 to 3 times.
2. **SHARP BONY EDGES:** If you feel something hard when you place your tongue on the surgical site, you may think it is a part of the tooth. This is actually the bony wall which supported the tooth. Leave it alone and it will heal over.
3. **TEMPERATURE ELEVATION:** It is not uncommon to have a mild fever for up to 36 hours after surgery. Increase your fluids and rest and this should resolve. Temperature greater than 100 degrees after 48 hours should be reported to the office.
4. **NAUSEA OR VOMITING:** Take one ounce of room temperature carbonated drink such as ginger ale or coke every hour for five or six hours. Switch to mild tea, clear broth and soft foods before resuming your regular diet. If nausea persists, stop medication and call the office.
5. **SUTURES(Stitches):** Your stitches will dissolve or fall out by themselves. If the suture appears to have untied and is bothersome, you may grasp the suture with tweezers and slip it out. Sometimes non-resorbable sutures are used and they should be removed 7-10 days after the surgery.
6. **DO NOT EAT VERY HOT FOODS:** Post-operatively as your surgeon gives a local anesthesia to the surgical site and you may be without feeling in the area, hence a burn could result. Keep foods warm, but not hot. Also, hot liquids increase blood flow.
7. **PHYSICAL ACTIVITY:** Discontinue physically stressful activity until your surgeon tells you to resume regular activity. ( Usually three to four days).
8. **PAIN:** Following surgery it is normal to experience some discomfort. A pain medication prescription will be given to you by the doctor if he feels it is indicated. Take the medication as directed. If the pain is not relieved by the fifth day, call the office as you may have developed a dry socket ( loss of the blood clot requiring further treatment) or an infection.

