

Post op instructions after Surgery

Name: _____ Date: _____

Although these instructions apply to most cases, we encourage you to call our office at 403-288-4519 should you have any questions or concerns that are not addressed here.

Some discomfort, bruising and a small amount of bleeding and swelling are common after your surgery. These, along with some stiffness, may occur for several days. **This is a normal part of the healing process, and is of no great concern.** If, however, this is greater than you expected, please call our office and return for care.

The day of surgery:

- If you were given a gauze pack, keep it in place for 30 minutes with constant, firm pressure. Do not chew the pack. Do not talk unless absolutely necessary. Replace the gauze pack every 30 min (for a minimum of 1 hour) or until the bleeding stops.
- Keep head elevated and rest quietly. Use an old pillow case as some oozing and discoloration of the saliva is expected.
- Until the bleeding stops, avoid the “Three S’s”: **sucking** on the wound, **sucking** through a straw, and frequent **spitting** (allow the spit to passively drain from the side of your mouth). Keep your fingers and tongue away from the affected area.
- Avoid strenuous exercising or physical activity for at least 2 wks.
- Avoid smoking and alcohol for a minimum of 3 days after surgery.
- Use an ice bag on the face in the area of the surgery intermittently (10 minutes on and 15 minutes off) for the rest of the day **if needed. Do not** use ice constantly.
- Eat soft foods (i.e. soup, mashed potatoes, ice cream, rice, soft veggies) and liquid foods for the next 24 hours. Avoid chewing on the operated side of your mouth when possible until the sutures (stitches) are taken out.
- If needed, start pain medication within the first 6 hours following surgery. We recommend that you take 400-600mg of ibuprofen (Advil, Motrin or generic brand) every 4-6 hours for the *first two days* following treatment. If you can not take ibuprofen, take 400-600mg of acetaminophen (Tylenol, Tempra or generic brand) every 6-8 hours for the *first two days*. **Do not take aspirin-containing products.** You will not require more pain medication than this. Do not exceed 2400mg per day of each medication.
- If you have been given an antibiotic, it is important that you take it as prescribed until finished.

Please follow these instructions if checked:

- () Oral conscious sedation patients should drink plenty of water the evening of their surgery
- () Blow your nose gently for 1 week after dental surgery. Use medications (Sudafed) as prescribed.

The day after the surgery:

- Begin rinsing with the prescription mouth rinse given to you, twice daily (once in the morning and once before bedtime) for 30 seconds. You can also rinse the operated area with warm salt water (place a teaspoon of table salt to one cup of moderately warm (not hot) water. **Please rinse gently.**
- **Do not** use either cold or heat on the face on the day after the surgery. You may begin using heat after the swelling goes down (usually 72 hours post surgery).
- Swelling will reach its peak at 48-72 hours post surgery. A heating pad on low intermittently (10minutes on and 15minutes off) can help to decrease the swelling more rapidly after this time.
- Avoid brushing the teeth on either side of the surgical area. You may brush the rest of your teeth as usual. Please use the Oro-Clense provided to rinse after brushing to help with healing of the surgical area.

If you should experience uncontrollable pain, severe bleeding, marked temperature rise, or excessive bleeding at any time, call our office immediately (403-288-4519).