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POST-OPERATIVE INSTRUCTIONS

Care of your mouth after surgery greatly affects the healing process. Swelling, discomfort and tightness of the jaw muscles are normal responses to surgery and should not cause alarm.

Hemorrhage Control:

- Slight bleeding and oozing should be expected and is good for healing.
- If bleeding is still brisk, fold a gauze pad and bite firmly for thirty minutes more.
- Continue to bite on gauze pad with firm pressure for thirty minutes. Change the gauze and repeat every thirty minutes until there is only a small amount of bleeding.
- If bleeding does not stop, do not spit or rinse and please contact us.
- Do NOT drink through a straw or smoke for at least three days after surgery.

Swelling Control:

- Some swelling is not unusual and can be minimized by applying cold packs to the area for ten-minute intervals the first day. The first day is the only day the ice pack will be effective.
- On the days following surgery, gently swish with warm salt rinses every two hours to decrease soreness. Use warm salt rinses after each meal for at least two days.
- Do NOT rinse with hydrogen peroxide or mouthwash. They hinder the healing process.
- Restrict your activities. Do NOT overexert yourself.

Control of Discomfort:

Discomfort can be expected. If you have been given a prescription, please take the medication as prescribed. Otherwise, you can take Ibuprofen or Tylenol every 4 – 6 hours as needed for pain, unless you are allergic to either one of these medications.

If absorbable sutures are placed, there is no need to return to have them removed and they will dissolve within 7-10 days.

Diet:

Skipping meals adds to your discomfort and delays the healing process, so eat a soft diet and drink extra liquids. Avoid putting very hot liquids into your mouth during the healing process (example: hot soup or coffee). Avoid sharp foods that can cut the surgical area.

Tobacco Products:

Tobacco of any kind will prevent proper healing. DO NOT use these products or smoke for at least three days after surgery.