

Post-Operative Instructions

PATIENTS RECEIVING IV MEDICATIONS:

- A responsible adult **MUST** be present during the first 6 hours when you arrive home.
- **DO NOT** get up. Refrain from getting up and down for 2 hours after surgery. (Risk of passing out)
- **DO NOT** operate any mechanical equipment or drive a motor vehicle for 24 hours.

BLEEDING:

- All bleeding will stop within 20 minutes if pressure is applied properly.
- **BITE DOWN** with gauze packs directly over the surgical site(s) until you get home.
- Use **DIRECT finger pressure** over the lower extraction site(s) for 20 minutes after you get home.
- **DO NOT** get up and down for 2 hours after surgery.
- If heavy bleeding resumes, have a responsible adult wipe area clean and apply direct finger pressure for 20 minutes.

SWELLING:

- Swelling and discomfort is to be expected and typically peaks on the 3rd day.
- Apply **COLD PACK** on/off in 20-minute intervals during the first 36 hours after surgery. **EVEN IF YOU HAVE NO DISCOMFORT OR SWELLING.**
- After 3 days, apply a moist heat compress to assist tightness in jaw. Tightness in jaw can last for up to 2 weeks.

DIET:

- After bleeding is controlled drink a glass of water... wait 15 minutes. If stomach is not upset, you may have **COOL, SOFT, FOODS** and/or liquids. If stomach is upset wait 15 more minutes and try again.
- Return to regular diet when it is comfortable and when it does not cause bleeding.

MEDICATION:

- **EAT PRIOR TO TAKING ANY MEDICATIONS.**
- Take antibiotic as directed until finished. Take Ibuprofen every 6 hours for 5 days without fail, even if no pain or swelling. Take Tylenol one hour after EACH Ibuprofen dose.
- The narcotic prescription (**if one is prescribed**) is to be used *only* if you are suffering and you are willing to accept side effects of nausea, vomiting, constipation, and mood change in exchange for the potential pain relief.

GRAFT/IMPLANT Patients Only:

- No chewing on or near the graft/implant site(s). Doing so puts the reconstructive effort at risk of failure.

CARE OF SURGICAL SITE:

- **DO NOT** rinse, probe, or brush the surgical site(s) for the first 24 hours
- **NO SPITTING OR SUCKING THROUGH A STRAW FOR 1 WEEK.**
- **DO NOT SMOKE.**
- Tomorrow-brush your teeth gently, carefully sweeping in one direction over the surgical site.
- Tomorrow-soak the surgical site(s) with warm salt-water (1/2 tsp salt with 1 cup water) 4 times daily for 5 days. (**DO NOT SWISH VIGOROUSLY OR SPIT**)
- **For Tooth Extraction Sites (including wisdom teeth): AFTER 5 DAYS OF HEALING** irrigate the lower site(s) with your syringe 4 times a day until surgical sites are closed. (Can be 1 - 2 months)
- Sutures are dissolvable. It is not necessary to return for removal, unless you have been specifically told to return for removal.

SKIN DISCOLORATION: Bruising is considered normal along the jaw line or IV site and will subside. Sometimes it may extend down into your neck or below/around your eyes.

ORTHODONTIC APPLIANCES: You can resume wearing your appliance immediately after surgery, as long as, bleeding is controlled.

NUMBNESS: If you have numbness that lasts longer than one day, please call our office to schedule an appointment for a follow-up visit.