



Care after Surgery

1. Keep fingers and tongue away from surgical area
2. Use ice packs on surgical area (side of face) for first 4 hours, apply ice 20 minutes on and then 10 minutes off. Bags of frozen peas work well!
3. For mild discomfort, take Tylenol or Advil every 3 to 4 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
7. Diet may consist of soft foods which can easily be chewed and swallowed. No seed, 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 held firmly in the area of bleeding for 30 minutes.
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 the procedure, begin taking medications as directed by the dentist to minimize discomfort when the anesthesia wears off.

****To control bleeding**

Immediately following procedure, keep 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 that area for one hour.

Up to 24 hours after surgery, some oozing of blood may persist. After bleeding has stopped, cautiously resume oral hygiene.

****Oral hygiene is important**

24 hours after surgery, rinse mouth gently with a solution of ½ teaspoon of salt dissolved in a large glass of warm water. 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 a 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 site.

****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 a problem**

If you should experience any problems, such as excessive bleeding, pain, or difficulty opening your mouth, call our office immediately at **(804) 598-2600** for further instructions or additional treatment.

****Remember your follow up visit**

You are scheduled to return for a postoperative 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 with any questions/concerns.