



SURGICAL POST-OPERATION INSTRUCTIONS

Oral surgical wounds usually heal quickly and without complication, if simple precautions are taken. Sometimes the aftereffects of oral surgery are quite minimal, so not all of the following instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. **PLEASE TAKE ALL PRESCRIPTIONS MEDICATIONS AS DIRECTED.**

On the day of surgery:

Wound care

- Do not disturb the surgical area today. Avoid lifting your lip with your fingers to look at the area. It is possible to tear the sutures, open the incision and delay healing.
- Do not rinse vigorously or probe the area with any objects.
- You may brush your teeth gently, avoiding the surgical area.
- If you smoke, please try to avoid it for a two week period, since this is detrimental to healing and may cause complications.
- Avoid alcohol for the next several days.

Swelling

- Swelling can be minimized by using a cold pack, ice bag or bag of frozen peas wrapped in a towel and applied firmly to the cheek twenty minutes on twenty minutes off during the first 24 hours after surgery.

Pain

- Unfortunately, some degree of discomfort will occur depending on the procedure and patient.
- You will usually have a prescription for pain medication.
- The most severe pain is usually within six hours after the local anesthetic wears off, after that, your need for pain medication should lessen with time.

Diet

- Eat any nourishing food that can be taken with comfort.
- Avoid anything extremely hot or cold.
- DO NOT use a straw for the first few days after surgery (it is usually advisable to confine the first day's intake to liquids or pureed foods such as soups, pudding, yogurt, milk, fruit shakes, etc...).
- Avoid hard foods which may get lodged in the surgical areas.
- Over the next several days, you may gradually progress to solid foods.

Activity

- Rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing. Avoid vigorous exercise for the first several days.

For the next few days:

Brushing

- Avoid the use of an electric toothbrush or Waterpik for the first two weeks.
- Being your normal oral hygiene the day after surgery.
- Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

Sinus

- If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

Follow-up appointments

You may need to return to the office within the first 14 days to have sutures removed, or just for a brief follow-up healing check.

Please call your dentist immediately if you have:

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever.
- Excessive warm swelling occurring a few days after the procedure.
- Reactions to medications, especially rash, itching, or breathing problems.