

1. Bleeding

Slight bleeding after surgery is normal and may last for several hours. If bleeding is excessive then put pressure directly over bleeding. Sit up or semi-recline. Avoid spitting, strenuous activity, bending over, sucking through a straw for 48 hours. No smoking for 48 hours.

2. Rinsing

For the first 24 hours after surgery: very gently rinse twice with salt water rinse (1/2 teaspoon salt in 8oz water). Vigorous rinsing may dislodge the blood clot and interrupt the normal process of healing, so be gentle. From one day after surgery until healing is complete rinse 3 times per day with chlorhexidine rinse. Use salt water rinses between doses of chlorhexidine rinse. Also brush and floss (if possible) just prior to each dose of chlorhexidine.

3. Swelling / Fever

A cool pack placed on face will be beneficial to help control swelling and bleeding. If extreme swelling occurs or a temperature above 101.5 contact my office. Use the jaw bra if given for the first 4 days as much as possible.

4. No Smoking or Alcohol

Do not smoke or drink alcohol for 48 hours following oral surgery. This may cause the disruption of healing and increase in complications such as wound breakdown and post-operative infections.

5. Diet

No Chewing No hot liquids/acidic foods/drinks

Eat something when you feel ready. Cool liquids are best to start but avoid sucking through straws. Then, when the numbness starts to wear off, progress to a pureed (mashed potato consistency or softer) diet. This will continue for twelve weeks.

6. Care of teeth / Cleanliness and healing

The teeth should be given their usual care. Brush three times a day. A clean mouth will heal faster. Be careful around the operative site, but still clean there. Do not brush the gums at the surgical site.

7. If the maxilla (upper jaw) was fractured;

The maxillary sinus may be affected. If so, then do not blow your nose until further notice. Gentle sniffing in is okay. Use sinus and nasal medications as directed.

8. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication.

9. Pain

Some discomfort is normal following oral surgery. If pain medication is prescribed, take only as directed. Often it is beneficial to take the medication after eating to help prevent nausea. Do not drive while using narcotic pain medications.

10. Injection site

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement

11. Antibiotics and Contraception

Take antibiotic as prescribed until finished. Contraceptives may be ineffective while taking an antibiotic. Use extra protection.