

### **1. Protection of the surgical site**

Slight bleeding after surgery is normal and may last for several hours. Keep folded gauze directly over the surgical site and replace as needed. If there is no active bleeding then leave the gauze out ( for torectomy, keep gauze in place as a pressure dressing to decrease hematoma formation). Lay in a semi-reclined position. Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity or smoking for 48 hours. The blood clot is important for healing.

### **2. Rinsing**

Rinsing may dislodge the blood clot and interrupt the normal process of healing. Carefully follow these steps in order.

**Day 1** (Day of surgery - first 24 hours after surgery)  
Do not rinse or spit vigorously.

**Day 2** (24 - 48 hours after surgery)

- a. Brush your teeth, 3 times a day, be careful around the surgical site.
- b. Floss gently.
- c. Begin rinsing gently using a glass of warm salt water (1/2 teaspoon per cup). Repeat rinsing 4 or 5 times a day.
- d. Follow with the chlorhexidine rinse. (continue using until day 7)

**Day 3** (48 - 72 hours after surgery)

Same regiments as day 2, however begin rinsing more vigorously.

**Day 4** (72 hours after surgery)

- a. Same regiment as day 2, however now rinse with full force.
- b. Continue rinsing and cleaning in this manner for 30 days or until completely healed. (note; you can stop the chlorhexidine at day 7)

### **3. Care of teeth / Cleanliness and healing**

The teeth should be given their usual care. Brush and floss three times a day. A clean mouth will heal faster.

### **4. Swelling / Fever**

An ice pack placed on face will be beneficial to help control swelling. This should be used only for 24-48 hours. If extreme swelling occurs or a temperature above 101.5 contact my office.

### **5. 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.

### **6. No Smoking or Alcohol**

Do not smoke or drink alcohol for 48 hours following oral surgery. This may cause the disruption of healthy blood clot formation and increase in complications including prolonged healing, wound breakdown and post-operative infections.

### **7. Diet**

No hot liquids, acidic foods or drinks for the first 24 hours. 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 diet avoid chewing in the area of the surgery for 7 days.

### **8. I.V. 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

### **9. 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 take an additional anti-nausea medication.

### **11. Antibiotics and Contraception**

Contraceptives may be ineffective while taking an antibiotic. Use extra protection if you have been prescribed an antibiotic.