



POST-OPERATIVE INSTRUCTIONS

Bleeding

- Continue biting on the gauze that the doctor placed in your mouth for 30 minutes
- If that gauze is pink through and through or is spotted with red, no additional gauze is necessary.
- If it is soaked red, then bite firmly on a clean gauze pad for another 30 minutes.
- If bleeding continues after several gauze pads, please call the doctor.
- Do not spit, or drink through a straw for 24 hours (these actions may cause the clot to become dislodged).

Swelling

- Use ice pack for 24 hours. Apply to face 20 minutes on, 20 minutes off
- Do not lie flat for 24 hours, sit in a comfortable chair, or use several pillows to support the head in bed.
- The majority of postoperative swelling will develop within the first 24 hours. Some additional swelling may develop during the following 24 hours.
- If swelling continues to increase after 48 hours, or if a large swelling develops, please call the doctor.

Discomfort

- Some postoperative discomfort is expected the first day. This should taper to soreness with an occasional throb the next day.
- If there is severe discomfort, or discomfort that persists or worsens after 2 days, please call the doctor.
- Use over-the-counter analgesics immediately after surgery. Two Advil® (ibuprofen) tablets every four hours usually works best. **Please do NOT take this medication if you are allergic to aspirin or other non-steroidal anti-inflammatory drugs, or advised by your physician to avoid this medication.**
- If over-the-counter medications are not able to control discomfort, then immediately switch to the analgesic medication prescribed by the doctor.

Homecare

- Do not chew any food, or eat, or drink anything hot until the local anesthetic has completely worn off. (You might bite or burn yourself without being aware of it while the local anesthetic is working).
- Before the local anesthetic wears off you may have cool or cold beverages, ice cream, ices, pudding, yogurt, applesauce, etc.).
- Tooth brushing is permitted, but avoid the surgical site for 24 hours.
- Gentle tooth brushing is permitted near the surgical site *after* 24 hours.
- Rinse gently with warm saltwater (1/4 teaspoon of salt to an 8 oz. glass of water), *after* 24 hours.
- Please refrain from smoking during the postoperative period.

General Concerns

- Contact the Doctor if you are experiencing any of the following:
 - Fever over 100.5°F
 - Difficulty swallowing
 - Difficulty breathing
 - Severe discomfort
 - Large swelling
 - Persistent Bleeding

Prescriptions

- If a narcotic analgesic {codeine; Vicodin® (hydrocodone); Percocet® (oxycodone)} is prescribed, please take as directed, should you choose to use this medication. When using a narcotic analgesic please do not drink alcoholic beverages, or operate a motor vehicle or machinery. **USE CAUTION.** These medications may make you dizzy or drowsy. Do not take these medications on an empty stomach as they may induce nausea.

- If an antibiotic (penicillin, amoxicillin, Augmentin®, erythromycin, clindamycin) is prescribed, please take as directed, and finish the entire prescription. Please report any reactions such as rash or diarrhea to the doctor, immediately