

Please refer to some general postoperative guidelines below, and by all means, **CALL** at any hour of any day to report any continuing problem.

1. Some degree of discomfort and pain may arise as numbness subsides. Take the prescribed pain medicine and/or ibuprofen before the numbness wears off after eating some food. Please read the pain medication insert for your maximum daily dose. Do not take ibuprofen if you cannot take aspirin products. Any pain medication can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them.
2. **DO NOT DISTURB THE AREA OF SURGERY.** The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing, excessive spitting, or rinsing as initial healing may be delayed, active bleeding restarted, or infection introduced.
3. Expect minor bleeding or **OOZING** from the operative site. This bleeding may continue throughout the first day or two. For the **first hour**, keep firm pressure on the area of surgery by biting on the gauze sponge placed in your mouth at the office. No Talking. Don't just close your lips, actually bite your teeth together. If bleeding persists, continue pressure on a fresh sponge for an additional 30 minutes to an hour. Biting on a moist tea bag wrapped in gauze may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting. Do not sleep or eat with gauze in your mouth.
4. If active bleeding should recur at any time, apply a fresh, moistened gauze sponge, the size of a postage stamp, to the bleeding site. Firm pressure for 15-30 minutes usually controls the problem. Should active bleeding persist, please call the office.
5. **LIMIT PHYSICAL ACTIVITY** during the first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort. When you lie down, keep your head elevated on a pillow.
6. **SWELLING RELATED TO THE SURGICAL PROCEDURE** usually develops during the first 12-24 hours following surgery, often increasing on the second to third day. It should begin to subside by the third day. Swelling can be minimized a great deal by wearing an ice pack on the side of your face for 30-45 minutes every hour while you are awake during the first 48 hours following the surgery, unless you receive special instructions. Bags of frozen vegetables are very effective to use as ice bags. Anti-inflammatory medications, such as Motrin or Advil, also help decrease swelling. Keep your head elevated for the first 3 to 5 days to keep the swelling to a minimum. Swelling may be greater in the morning when you first awaken. Switch to heat after 2 days to prevent jaw muscle cramping.
7. **FLUID INTAKE IS IMPORTANT.** We suggest you start with clear fluids. Once your stomach has settled, you can advance to other fluids such as broth, soups, or juices. Also avoid hot liquids until the numbness has worn off, and the bleeding has stopped. It is important to drink plenty of fluids.
8. **AVOID USING A STRAW FOR SEVERAL DAYS** as it may cause the blood clot to dislodge and delay healing
9. **FOOD SELECTION** is largely a matter of your choice. Soft, cool foods that require little or no chewing are most easily tolerated at this time. A nutritious diet throughout your healing process is most important to your comfort and temperament. Hungry people become irritable and less able to deal with the discomfort which can follow surgery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications. Once your stomach is settled, soups, broiled fish, stewed chicken, mashed potatoes, macaroni and cheese, and cooked vegetables can be added to your diet as your comfort indicates. Ensure, Carnation Instant Breakfast and/or yogurt supply excellent added nutrition. Do not chew anything until the numbness wears off. Avoid nuts, popcorn, and any foods with seeds.

10. Take any special medication such as ANTIBIOTICS we have prescribed on the specified dosing schedule. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control pill may become ineffective, therefore take appropriate precautions.

11 . Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise. You may do warm saline water rinses twice a day and allow the water to fall out the side. No spitting nor aggressively swishing.

12. TRY TO AVOID SMOKING COMPLETELY, as it tends to slow the healing process and may also contribute to development of a dry socket.

13. DO NOT DRIVE OR OPERATE ANY VEHICLE OR DRINK ALCOHOL for 24 hours following surgery if you have had intravenous sedation or general anesthesia, or if you are taking prescription pain medication.

14. IF YOU WERE INFORMED THAT A SINUS COMMUNICATION OCCURRED DURING SURGERY, as a result of the close relationship between the roots of your upper teeth and your sinuses, or if you have had some surgery that involved work near your sinuses or in your sinuses, please follow these instructions:

- DO NOT blow your nose.
- DO NOT sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
- DO NOT smoke or use a straw.
- AVOID swimming and strenuous exercise for at least one week.
- It is not uncommon to have a slight amount of bleeding from the nose for several days.
- Please remember that occasionally a second procedure may be required if there is a persistent sinus communication.

The Day Following Surgery and Thereafter

- On the third day following surgery, rinse your mouth once a day **carefully** with the solution made by adding 1/2 teaspoon of salt to a large glass of warm water. However, resume brushing any remaining teeth and your regular oral hygiene as soon as possible. Do not avoid brushing the area as this will cause more inflammation in the area. Please do not use a syringe or Water Pik® to aggressively rinse during the first week. This can dislodge the blood clot.
- DO NOT WORRY ABOUT STITCHES. Stitches (also known as sutures) are usually placed to control bleeding, aid healing and help prevent food from collecting in the surgical site -- especially for lower teeth. The sutures we use dissolve in 3 to 5 days and DO NOT HAVE TO BE REMOVED.
- ANY SWELLING, SORENESS, OR STIFFNESS IN THE JAW MUSCLES that is present 1 week after surgery can be relieved by applying a warm moist towel to the affected side of the face several times a day. Moist heat should only be used 1 week following surgery.
- Sometimes a soft diet may be necessary for the first few days following surgery. Most patients are able to resume regular food intake within a short time.
- Bruising marks may appear on the skin of the face during the first few days after surgery. Moist heat application will help relieve this condition once again. An antibiotic cream may be used on the lips to promote healing.