

POST-OPERATIVE INSTRUCTIONS

IV ANESTHESIA

- If you underwent IV sedation, a responsible adult should stay at home with you the remainder of the day
- Do NOT drive a vehicle or operate heavy machinery for at least 24 hours after anesthesia and while you are taking prescription narcotic pain medications

BLEEDING

- Minor bleeding may persist for up to 24 hours following surgery
- Avoid spitting, drinking through a straw, or rinsing forcefully within the first 24 hours
- If bleeding continues, place moistened gauze over the surgical site and bite firmly for at least 30 minutes (repeat as necessary)
- Alternatively, place a moistened tea bag wrapped in gauze over the surgical site and bite firmly

SWELLING

- Swelling is a normal occurrence, as maximum swelling occurs within 48 hours
- Swelling and discomfort may be alleviated by placing ice in a suitable container and applying it to the affected area, alternating 20 minutes on and off, during the first 48 hours
- Bruising may appear along the lip, cheek, neck, and other areas of the face
- Jaw stiffness may persist for up to one week

DISCOMFORT

- Take narcotic pain medications only as prescribed by the doctor
- To avoid becoming nauseated, do not take the pain medications on an empty stomach
- If severe pain persists, contact the office for further instruction

ANTIBIOTIC MEDICATION

- If antibiotics were prescribed by the doctor, take as prescribed and finish them
- If you experience generalized itching, rash, swelling, difficulty breathing or swallowing, STOP taking the medication and contact the office immediately or go to the local emergency room

DIET and ACTIVITY

- Drink plenty of fluids and stay hydrated
- Avoid smoking and drinking alcoholic beverages for at least 48 hours after surgery
- Avoid carbonated beverages and hot liquids (coffee, tea) on the day of surgery
- Remain on a soft chew diet for the first week after surgery and then gradually resume a regular diet
- Avoid heavy lifting, exercise, and physical activities for the first week after surgery
- Avoid contact sports for at least six (6) weeks following surgery

HYGIENE

- Good oral hygiene is essential to healing
- After a 24 hour period, you may rinse with warm salt water after every meal
- Avoid commercial alcohol based mouth rinses, baking soda, or peroxide

Report to a local Emergency Room if you experience any of the following:

- Severe uncontrolled pain
- Swelling that causes difficulty in breathing or swallowing
- Uncontrolled bleeding
- Uncontrolled nausea or vomiting
- High fevers (> 102F)
- Severe or adverse reactions to prescribed medications

Please call the office at **(346) 309-2739** if you have any other specific questions.