

## **Care after surgery**

1. Keep fingers and tongue away from surgical area.
2. Use ice packs on surgical area (side of face) for first 4 hours, apply ice 20 minutes on and then 10 minutes off. Bags of frozen peas work well.
3. For mild discomfort, take Tylenol or ibuprofen every three to four hours.
4. For severe pain, use the prescription given to you.
5. Drink plenty of fluids. (Do not use a straw.)
6. If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles.
7. Diet may consist of soft foods which can be easily chewed and swallowed. No seed, nuts, rice, popcorn, etc.
8. A certain amount of bleeding is to be expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 90 minutes. Then you may eat or drink. If bleeding persists, a moist teabag should be held firmly in the area of bleeding for 30 minutes.
9. Please do not smoke for at least 5 days after surgery.

A certain amount of bleeding, pain, and swelling is normal. Reduce your activity as much as possible for several hours. Avoid eating, drinking, and unnecessary talking. These activities may hinder proper healing in the first few hours. Immediately following procedure, begin taking medication as directed by your doctor to minimize discomfort when the anesthesia wears off and feeling is back to normal.

### **\*To control bleeding**

Immediately following procedure, keep steady pressure over the surgical site. Pressure helps reduce bleeding and permits formation of a clot. Gently remove the compress after one hour. If bleeding persists, place another compress and again keep steady pressure on the area for one hour.

Up to 24 hours after surgery, some oozing of blood may persist. After bleeding has stopped, cautiously resume oral hygiene.

### **\*Oral hygiene is important**

Twenty-four hours after surgery, rinse mouth gently with a solution of one-half teaspoonful of salt dissolved in a large glass of warm water (tea temperature). Repeat after every meal or snack for seven days. Rinsing is important because it removes food particles and debris and thus helps promote healing. Brush tongue with a dry toothbrush to keep bacteria growth down, but be careful not to touch the surgical site.

Resume your regular tooth brushing, but avoid disturbing the surgical.

### **\*Maintain a proper diet**

Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids with meals and in between. Have what you wish, but be careful not to disturb the blood clot. Add solid foods to your diet as soon as they are comfortable to chew.

**\*In case of a problem**

If you should have any problems, such as excessive bleeding, pain, or difficulty opening your mouth, call our office immediately for further instructions or additional treatment.

**\* Remember your follow-up visit**

You are scheduled to return for a postoperative visit to make certain healing is progressing satisfactorily. In the meantime, maintain a healthful diet, observe rules for proper oral hygiene, and call our office if you have any questions or concerns.