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POST-OPERATIVE SURGERY INSTRUCTIONS:

Care of the mouth following a surgical procedure is essential in the healing process. There is a certain amount of swelling, discoloration, discomfort and bleeding which can be expected.

BLEEDING:

Some bleeding and oozing is expected for several hours. Avoid spitting and use of a straw as they may provoke oozing. If bleeding is more than slight, use a piece of gauze or a moistened tea bag over the area and again apply firm pressure for 30 minutes.

SWELLING:

Some degree of swelling is normal and can be minimized with the use of ice or cold packs applied to the face at the surgery site for 30 minutes and then removed for 30 minutes. This should only be done for the first 24 hours. Maximum swelling will occur about the second or third post-operative day and then slowly recede.

DISCOMFORT:

If prescription was given, use as directed. The prescription should be filled promptly and taken exactly as directed before the local anesthesia wears off. Do not take pain medication on an empty stomach as it may cause nausea. If prescription was not given, over-the-counter medications (Tylenol or Advil) can be taken as directed.

RINSING:

Rinsing is to be avoided for the first 24 hours after surgery and longer if persistent bleeding occurs.

DIET:

A soft or liquid diet is recommended for 7 full days following surgery. Foods like soft fish, yogurt, oatmeal, and warm soups are best. This will help the healing process. Until local anesthesia (numbness) wears off, be careful chewing to prevent biting the numb area.

BRUSHING AND FLOSSING:

Avoid brushing or flossing the surgical area for 7 days. Untreated areas of the mouth should be maintained as normal.