

# ***Oral & Maxillofacial Surgeons of Houston***

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## **POST OPERATIVE INSTRUCTIONS**

1. Patients who are having I.V. anesthesia must be accompanied by a responsible adult who will **remain in the office during the entire surgery** and who needs to stay with the patient for the remainder of the day. Patients who have I.V. sedation should not drive on the day of surgery, however driving and normal activity may be resumed after 24 hours unless otherwise instructed by the doctor.
2. **PAIN** - A certain amount of discomfort is to be expected after a surgical procedure. You will be provided with a prescription for pain medication and antibiotics if indicated. Follow the directions on the prescribed medication carefully. **ALCOHOL is not permitted while taking these medications and these medications should be taken with food.**
3. **BLEEDING** - Bleeding follows any surgical procedure and should not alarm you unless it is excessive or persistent. **REMOVE THE GAUZE PLACED BY YOUR DOCTOR 1 HOUR AFTER SURGERY.** No further gauze is required. If heavy bleeding persists, place a moist, caffeinated teabag directly over the area and exert continuous pressure for 30 minutes by closing the mouth firmly. This procedure may be repeated up to 3 times. If bleeding persists, call the office.
4. **SWELLING AND DISCOLORATION** - These are part of the healing process and to be expected. Keep ice on your face for the first 24 hours following surgery as much as comfortably possible (30 minutes on and 10 minutes off). The earlier this is started, the more effective it will be. Keep in mind that swelling is usually the greatest 48 to 72 hours following surgery. It is also helpful to keep your head elevated on two pillows the first night after surgery. Apply external moist heat after the third recovery day if swelling and muscle pain persist.
5. **DIET** - For your own comfort, cool liquids and soft food are best for the first 24 hours following surgery, or longer depending on your particular procedure. Some food choices include the following:  

Instant Breakfast	Yogurt	Ice Cream	Milkshakes	Bananas	Baked Potatoes
Pudding	Jell-O	Custards		Soft Cheese	Apple sauce
Mashed Potatoes	Soft Noodles	Macaroni & Cheese	Soup, at room temperature		Gelatin

\*\*\*\*Avoid very spicy or greasy food for 5-7 days following surgery\*\*\*\*  
\*\*\*\*Do not eat Peanuts, popcorn, chips, nuts, or berries for 2 weeks following surgery. This allows for the surgical area to heal properly and prevents food from getting trapped in the sockets. \*\*\*\*
6. Do not drink from a straw for one week; do not spit forcefully; and do not rinse your mouth until the following day after surgery so as not to dislodge the blood clot and retard healing.
7. **NO SMOKING** – Refrain from smoking for at least 48 hours after surgery as smoking decreases your body's ability to heal.
8. 24 hours following your surgery, begin rinsing your mouth gently with warm salt water using 1/2 tsp. to an 8 oz. glass of warm water. You will do this 3 - 4 times a day for 7 days. Do not use mouthwash as this could irritate the area, but continue to brush your teeth as usual.
9. **Call this office regarding any complications or questions. Do not call your physician or regular dentist.**

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