

Central Maryland Oral and Maxillofacial Surgery, P.A.

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Post Operative Instructions

Pain

For pain management, you have been written for Ibuprofen-800 and Tylenol-3. To begin, take one Ibuprofen with two over-the-counter extra strength Tylenol every 4-6 hours. If that does not alleviate your pain, take one Ibuprofen with one Tylenol-3, 6 hours after the initial dose. Do NOT drive or operate machinery while taking Tylenol-3.

* In the event you CANNOT take Codeine, Ibuprofen, or Tylenol due to allergies or other medical conditions, you have been written for alternative opioid medications. Instructions on how to take the medications will be written on the bottle.

Infection Control

For infection control, you have been written for Amoxicillin and Peridex (Chlorhexidine) mouth rinse. Take a starting dose of two Amoxicillin and then one every 6-8 hours until finished. As antibiotics can cause an upset stomach, it would be best to take the prescribed antibiotic during breakfast, lunch, and dinner. Use Peridex mouth rinse in the evening after surgery, and then starting the next day, morning and night for 7-10 days. Throughout the day, rinse with warm salt water after each meal (1/4 teaspoon of salt in a large 10-12 ounce glass of warm water). Please do NOT use over-the-counter mouth wash.

* In the event you CANNOT take Amoxicillin due to allergies, you have been written for alternative antibiotic medications. Instructions on how to take the medications will be written on the bottle.

Wound Care

Apply firm pressure to the surgical site by biting on gauze and change it every 20 minutes. Most patients use the gauze for 4-6 hours or until a light pink color or spot bleeding is present, at which point the use of gauze may be discontinued. You may have some spot bleeding on and off for the first 2-3 days following surgery, which is normal; you do not need to place gauze for this. Please do NOT use straws for two weeks, as this can displace the clot and cause bleeding. Do NOT smoke for two weeks, as this can increase the risk of infection. If you cannot temporarily discontinue smoking, please cover the surgical site with wet gauze.

To keep the surgical site clean, lightly wipe over the surgical site with the ultra-soft toothbrush provided. Do NOT scrub the surgical site. You may brush your other teeth normally.

Swelling will reach its peak on day three, which can cause bruising and difficulty opening your mouth, which is normal. To help with swelling, ice the outside of your face for the first 48 hours for 30 minutes on and then 30 minutes off.

Diet

Start with soft food and advance as you can tolerate. Do not eat foods that are hard and crunchy and avoid seeds/kernels for a few days.

Physical Activity

No major restrictions unless otherwise informed.

***IF YOU HAVE AN IV SEDATION:**

1. Do not drive today.
2. Do not drink any alcoholic beverages for 24 hours.
3. Do not operate any type of machinery today.

*Occasionally redness, bruising, or hardness may occur at the IV site, which is a normal after having an IV. Apply moist heat until symptoms subside.