

CENTRAL MARYLAND ORAL AND MAXILLOFACIAL SURGERY, P.A.

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If no answer at office number, please call

1-800-446-9405

POST OPERATIVE INSTRUCTIONS

GENERAL INSTRUCTIONS:

1. Apply constant jaw pressure by biting firmly on the gauze for prescribed length of time (usually 1/2 to 1 hour). Change is needed every 30 - 45 minutes until bleeding has stopped. If bleeding persists, please call office.
2. DO NOT rinse mouth on the day of surgery. On the following days rinse gently with warm salt water after eating (1/2 teaspoon of salt to glass of water), 4 times a day for 7 days.
3. Brush remaining teeth gently without spitting or vigorous rinsing, NO MOUTH WASH.
4. Eat regularly. It may be necessary to restrict your diet to soft or liquid foods. DO NOT eat anything HOT for the first 24 hours. Warm fluids are fine.
5. DO NOT disturb the wound. Irritation, bleeding and infection could result.
6. DO NOT smoke or use drinking straws for 5 days.
7. In the case of impacted teeth and difficult extractions, all of the above problems will be exaggerated. The skin may even discolor and you may have difficulty opening your mouth. This is no cause for alarm. The swelling will reach its peak in two days and should subside after that. Do not hesitate to call if pain and swelling persists.
8. Occasionally redness, bruising or a hardness may occur at the IV site. This is a normal complications of IV medications. Wrap area with a moist towel and call our office for further instructions.
9. Return to this office as requested.
10. Drink at least 3 liters of caffeine free beverages per day. NO ALCOHOL.
11. No Physical activity or travel for 5 - 7 days.
12. Head should be elevated at 45 degree angle.

YOU MAY HAVE:

1. PAIN: Use the prescribed or recommended medication according to directions.
DO NOT TAKE PAIN MEDICATIONS ON AN EMPTY STOMACH.
2. SWELLING: To help prevent swelling apply an ice pack over the area of surgery.
Apply 30 minutes on, 15 minutes off, for the first 24 hours.
DO NOT USE HEAT.
3. BLEEDING: Place a folded gauze sponze over the operative site and bite on it firmly for 30 minutes. Remain quiet, in a sitting position. Mild oozing is common, but if bleeding is profuse CALL THE OFFICE.
4. NAUSEA: This may be a result of the anesthetic, pain tablets, or a result of some swallowed blood. Eat some ice chips or drink small amounts of ginger ale to help alleviate discomfort.

IF YOU HAVE GENERAL ANESTHESIA OR INTRAVENOUS 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.

The same recommendations apply while taking any narcotic pain medication.

CALL THIS OFFICE IF UNABLE TO CONTROL EXCESSIVE BLEEDING, SWELLING OR PAIN,
OR IF ANY OTHER UNUSUAL SYMPTOMS APPEAR.