

## POST OPERATIVE INSTRUCTIONS

**\*\*You may not drive a vehicle or operate machinery for 24 hours after anesthesia.\*\***

**\*\* You may not drive a vehicle or operate machinery if you are taking a narcotic medication. \*\***

### **Discomfort**

1. Discomfort is normal after surgery. It can be controlled but ***not eliminated*** by taking the pain pills the surgeon has prescribed. Absolutely NO narcotics can be prescribed after office hours or over the phone.
2. Take pain pills with a glass of water. Nausea is a side effect of narcotics and can be reduced by taking a pill with a small amount of soft food.
3. Do not drive or drink alcohol if you have taken a prescription (narcotic) pain medication.

### **Bleeding**

1. A small amount of blood with normal amount of saliva (spit) will appear as a lot of blood. Blood will ooze from the site of surgery and this is normal for 2-3 days.
2. Do not spit or suck through a straw; this causes bleeding or may cause your clot (healing tissue) to break down.
3. If bleeding begins again, place a small damp gauze pack or moistened tea bag directly over the tooth socket. Bite firmly for 45 minutes and repeat until bleeding stops.
4. Keep your head elevated with several pillows or sit in a lounge chair.

### **Diet**

1. It is important to drink a large volume of fluids. Do not drink through a straw, as it promotes bleeding.
2. Eat normal, regular meals as soon as possible after surgery. Cold foods such as ice cream or yogurt may be the most comfortable for the first day.

### **Wound Care/Oral hygiene**

1. Bite firmly on the gauze pack that was placed at the office for about 30 minutes and then remove it gently. If your bleeding has stopped, you do not need to use any more gauze.
2. Do not smoke for 5 days following extractions.
3. For the first 8 hours, do not brush your teeth. Then, you may brush your teeth gently but avoid the area of surgery.
4. After 24 hours you should begin rinsing with warm salt water. (8oz of water to a ½ tsp of salt – an exact recipe is not required) You should rinse 4-5 times after every meal and in the morning and at night.

### **Swelling**

1. Swelling after surgery is normal. It will peak about 2-3 days after surgery and lasts for 4-6 days.
2. Applying ice packs to your face for the first 12 hours helps control swelling and may be more comfortable. After 24 hours, applying warm compresses to the area may actually be more beneficial.

### **Rest**

1. Avoid heavy lifting and strenuous activity for 24 hours after surgery.

### **Bruising**

1. You may bruise. This is normal and will disappear in 7-14 days.

### **Stiffness**

1. You will experience jaw muscle stiffness and limited opening. This is normal and will be improved by actively opening your mouth as wide as possible for 60 seconds, 5 times a day.

### **Stitches**

1. If stitches have been placed, they will dissolve on their own after your tissue has healed. They do not need to be removed.

**For any emergency issue not stated above - call Tri-State Oral and Maxillofacial Surgery at 859-586-4825**