

Ocoee Oral Surgery
Post-Operative Instructions
(423) 479-8544

Name _____

Date _____

These are your post-surgery instructions. Please follow carefully and call us if you have any questions or problems. Our concern for you does not stop after your surgery is finished.

Day 1 (Day of Surgery)

- Keep head elevated, either in a recliner or elevated on several pillows in bed.
- Do not drive a vehicle, work, or operate heavy equipment for 24 hours.
- Apply ice packs to the surgery area for approximately 8 hours, alternating 30 minutes on each side to minimize swelling.
- Leave initial gauze in place for a minimum 90-120 minutes. Apply constant firm pressure by "biting down" – do not chew. It is not unusual to need to replace this gauze; however, each new gauze should be left in place with firm pressure for a minimum of 2 hours until bleeding is controlled. Take out to drink.
- If bleeding is not controlled, a tea bag may be used in place of gauze. Place an ice pack over the face in this area. Remain quiet, lying with head elevated or sit upright. If bleeding cannot be brought within normal limits, call the office.
- If not allergic to ibuprofen, take the Motrin 600mg (ibuprofen) as directed - 1 tablet three times a day. This is regardless of pain level, but is for the anti-inflammatory properties of the medication. If allergic, take 1 extra-strength Tylenol three times a day.
- Prescribed pain medication should be taken as **ONLY** as needed and the tablet can be broken in half. It is acceptable to take the pain medicine with the Motrin (ibuprofen)
- Liquids only - milk shakes, ice cream, smoothies, Frosty, and broth soups are O.K. Take care not to bite lip or cheek while numb. Avoid carbonated drinks and do not use a straw. Avoid alcoholic beverages.
- **Do not smoke.** Smoking is the #1 cause of pain following surgery. It leads to irritation of the surgical site, causing severe pain and poor healing.
- Do not rinse mouth or spit today.
- An episode of nausea and vomiting is not uncommon on the day of surgery. If this becomes excessive or continues to following day, please call. Stay on liquid diet until stomach has settled.
- It is not unusual to still be numb when going to bed tonight. This will have resolved by the morning, if not please call the office.
- Stitches will fall out on their own.
- If an immediate denture is inserted, do not remove it for 24 hours. Then rinse with warm salt water, clean the denture and re-insert it.

Day 2

- Do not use ice packs on the surgery area.
- A puréed (blenderized) diet can be started. This includes mashed potatoes, apple sauce, grits, oatmeal, jello, pudding, yogurt, and more soups.
- Take ibuprofen every 6 hours, as directed. Take pain medicine as needed.
- **Do not smoke.** Avoid alcoholic beverages.
- Begin gentle, warm salt water rinses (1/4 tsp of salt with a glass of water), 2-3 times per day.

Day 3

- Soft foods may be started today. This includes pasta, mac & cheese, peanut butter, eggs, pancakes,...etc.
- Today will be the height of your swelling.
- **Do not smoke.**
- Continue gentle, warm salt water rinses. Take ibuprofen three times a day.

Day 4-10

- Begin "regular" foods but avoid anything hard or crunchy.
- **Do not smoke.**
- Continue gentle, warm salt water rinses. Take ibuprofen three times a day.

Caretaker's signature _____ Phone #: _____

"I am providing transportation for the patient after surgery and will remain at the office during the entire surgery."