

POST-OP SURGERY INSTRUCTIONS

Please read and follow these procedures. They will make you more comfortable, promote healing, and prevent any possible complications.

CARE OF YOUR MOUTH: Immediately after oral surgery use ice packs or hold ice water in your mouth continuously for 2 hours. Avoid spitting, vigorous rinsing or sucking actions since this will disturb your surgery.

Start normal cleaning procedures on untreated teeth one day following surgery.

Starting 18-24 hours after surgery begin vigorous rinses with warm salt water six times a day. One quarter teaspoon of salt to an 8 ounce mug of hot water.

DISCOMFORT: Some discomfort may occur when local anesthesia (numbness) "Wears Off." If pain medication was prescribed, take as directed. Some pain medication can affect your reactions, therefore DO NOT drive or operate dangerous equipment.

SWELLING: If swelling or jaw stiffness occurs AFTER 24 hours, use warm moist towels to the outside of the face. Swelling may be present for 3-4 days.

OOZING: A little oozing or bleeding is normal. The ice water will minimize bleeding. Avoid spitting, vigorous rinsing or sucking actions since this will disturb your surgery. If slight bleeding persists after 2-3 glasses of ICE water and after you have been lying still for 30 minutes. , call the office 207-236-2400.

EATING: Eat only cool, soft, or liquid foods for the first 24 hours after surgery. After the first day, stay on a soft, but balanced diet. DO NOT eat hard, spicy, or chewy foods (including breads and pastries) for 5-7 days. Don't skip meals.

DRESSING: Pieces of surgical dressing may be loose or break off. Do not be concerned unless it causes bleeding or pain.

ANTIBIOTICS: If antibiotics are prescribed, take them as directed until they are gone.

SMOKING: Please DO NOT smoke following surgery. Tobacco smoke is an irritant to healing tissues. Refrain from smoking as long as possible.

OTHER: Go about normal routine, but limit heavy exercise and excessive activity. Nausea is rare, but if it occurs, drink 1 oz. carbonated drink, such as 7-up or ginger ale every hour for 5-6 hours. Avoid taking pain pills on an empty stomach as this sometimes causes nausea.

Dietary Suggestions for use during surgical healing

For the first 24 hours your diet should be soft and cool.

- Milk shakes
- Yogurt
- Ice cream
- Pudding
- Baby food
- Juice
- Applesauce
- Small curd cottage cheese
- Instant breakfast

Diet for one week:

Soft and nutritious but does not need to be cool after the first 24 hours.

- Cheese, yogurt, custard, cooked cereals, soup, pasta, ground beef or pork, eggs, fish, & plenty of fluids.

Please avoid foods that are hard, sticky, or spicy during the week after surgery.

- Popcorn, nuts, sesame seeds, pizza, candy, gum, dried fruits, peanut butter, crackers, pastries, all breads.