

HOME CARE INSTRUCTIONS

- Bleeding** After leaving the office, you will have gauze placed on the surgical site. You should keep the gauze placed in for 45 min. maintaining firm pressure. After the 45 minutes time is up, gently remove the gauze and replace it **only** if there is **still** actual blood flowing out of the surgical site. Please keep in mind that a reddish colored saliva is normal for the first 24 to 48 hours, however, if there **is** an excessive amount of blood in the mouth? You should contact the office immediately.
- Hygiene/** **Do not rinse your mouth or spit out for the first 24 hours following surgery.** After 24 hours you are able to rinse your mouth out with warm salt water (¼ tsp. salt in 8oz. glass warm water) after every meal, before bedtime and can start to brush your teeth as well.
- Swelling** A certain amount of swelling and possibly bruising of the skin around the jaw area is normal and is of no concern. You should apply an ice pack against the face 20 min. on and 20 min. off switching the ice pack on each side of the face for the first 24 to 36 hours. This will help control some of the swelling. After 48 hours **do not** use ice. Apply warm moist heat on each side of the face for another 24 hours.
- Diet** **Before eating or drinking, remove gauze.** Your first meal after surgery should be light. You can start with chicken, vegetable or beef soup. Jello, applesauce, pudding or canned fruit. You can advance to solid food and regular diet as tolerated. **Do not skip meals. Do not drink through a straw, or carbonated drinks for the first 36 hours** as this can promote bleeding and delay healing. You can drink Gatorade, tea, apple juice, water, etc...
- Medications** **It is best** to take a dose of pain medication (prescription or over-the-counter) as soon as possible after leaving the office, **prior to the numbness wearing off.** It takes **1 to 1 1/2 hours** for oral pain medications to take effect. If you are given antibiotics, you can start taking them as soon as possible..
Narcotic refills will only be processed during office hours.
- Activity** Restrict your physical activity for the first 24 hours following your surgery. If you want to lay down or go to sleep make sure to keep your head elevated. If you have had I.V. sedation you should **not** drive a vehicle, operate any machinery, or sign any important documents for the first 24 hours following surgery. If you have something to do during the day, you can take over the counter medication for pain. Then take your prescribed pain medication at night as needed.
- Smoking** If you smoke or use any tobacco product you will need to refrain from its use for at least 48 hours following surgery. However, chronic smokers can experience a delay in normal healing due to smoking.
- If you have a return visit scheduled, please keep this appointment, as it is important to evaluate how the surgical site is healing!**