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WOUND CARE:

For the first 24 hours after your surgery, DO NOT smoke, DO NOT spit, DO NOT suck through a straw, DO NOT rinse or wash your mouth (this includes brushing your teeth).

Resume normal oral hygiene care 24 hours after your surgery.

Rinse your mouth with warm salt water a few times a day 24 hours after your surgery.

BLEEDING:

If bleeding occurs place new gauze or a moist tea bag directly over the tooth socket and bite for approximately 20 minutes. (Repeat if necessary)

MEDICATIONS:

Take your medication with liquids and food to prevent nausea.

If you experience itching, rash or hives discontinue all medications and call the office.

For severe or persistent nausea, use only Ibuprofen (Motrin/Advil) or Tylenol for pain.

Individuals taking oral contraceptives should use an additional contraceptive method while taking antibiotics and through their next menstrual cycle.

DIET:

It is important to drink large volume of fluids.

Eat regular meals as soon as possible after your surgery. Soft foods such as: ice cream, soup, eggs and yogurt are suggested for the first day. A daily vitamin or nutritional supplement is also recommended.

SWELLING:

Swelling is a normal bodily reaction which reaches its peak approximately 72 hours after surgery. Apply ice packs to your face 20 minutes on and 20 minutes off for the first 24 hours. The third day after your surgery, apply a heating pad in the same manner until the swelling resolves.

REST:

Avoid strenuous activity for 72 hours after your surgery.

Driving and operating heavy machinery is not recommended for 24 hours after your surgery if you received general anesthesia or intravenous sedation.

BRUISING:

You may experience some bruising on your face, which will gradually change color and resolve. This too is normal and should not be a cause for alarm.

STIFFNESS:

After surgery you may experience jaw muscle stiffness and limited opening of your mouth which is normal. Continue regular eating and exercising your jaw muscles to improve stiffness.

CALL THE OFFICE IF:

You experience excessive discomfort, bleeding, or increase of swelling after the third day.

You have a fever of 101 or greater.