

Blue Ash Oral & Maxillofacial Surgery, Inc.

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Diplomat, American Board of Oral & Maxillofacial Surgery

Diplomat, National Dental Board of Anesthesiology

Home Going Instructions for after Dental and Oral Surgery

- Bleeding** Some bleeding is normal. It may last up to a few days depending on how well you are biting on the gauze. Place 1 or 2 pieces of gauze over the surgical site(s) and bite firmly for 1 hour. Replace the gauze every hour until the bleeding has stopped. Alternatively, you may try using a rinsed out "black tea" tea bag to bite on instead of gauze.
- Pain** It is normal to have some discomfort after surgery. You should be numb from 4 to 10 hours. When you feel the numbness beginning to wear-off, start your pain medicine. If you were given Motrin/ibuprofen start with that, and add the stronger narcotic pain medicine in between doses of the Motrin if you are still having pain.
- Swelling** Place the ice packs on your face near the surgical site for 15 minutes of each hour for the first 24 hours. The swelling will be at it's largest on the third day after surgery, begin to go down around the fifth day, and should be completely gone after 1 or 2 weeks.
- Bruising** Bruising can occur under your eyes, chin or on your neck. It may be worse if you are on a blood thinner, but should resolve within 1 or 2 weeks.
- Food** When you get home, you may start with clear (non-dairy) fluids. If you can keep the fluids down you can move on to dairy and soft foods. Make sure that you do not eat or drink anything hot until the numbness wears-off. You may eat anything you wish after the numbness has worn-off.
- Nausea** If you are experiencing any nausea first make sure that you are not swallowing any blood, as this will make you very sick to your stomach. Second, stop taking the pain medicine, and rest until the nausea has subsided. If the nausea continues for more than 24 hours please call the office.
- Smoking** Do not smoke for 1 week after surgery. Smoking after surgery can increase discomfort, infection, bleeding, delay healing, may cause dry sockets, and can prevent grafts and implants from healing.
- Sutures** Usually, we use stitches that dissolve. If not, or if they are irritating they may be removed at your post-op appointment.
- Brushing** Please brush your teeth even around the surgical areas. If the area is too tender to brush around use a cotton swab and mouth wash to clean around the surgical site.
- Rinsing** Gently rinse with warm salt water (1/2 tsp. salt per 8 oz. water) after every meal. Be sure to gently remove any food from the surgical area. If you were given a prescription mouth rinse, use it as directed in addition to the salt water rinses.
- Activity** Avoid spitting, using straws, and any heavy physical activity like jogging for 5 days after surgery.
- Driving** You must understand and agree not to operate any vehicle or machinery for at least 24 hours after having sedation or general anesthesia. Also, if you are taking any narcotic pain medications you should not operate a vehicle or machinery until the medications have been discontinued.

*Remember, if you are taking birth control pills while on antibiotics, you may still become pregnant. You should use a second form of contraception during this time. However, continue your birth control pills as directed.

If you have any questions please call the office at 513-984-2100