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POST-OP INSTRUCTIONS

1. Please use an antibacterial rinse as prescribed
2. DO NOT SMOKE FOR A MINIMUM OF 5 DAYS AFTER SURGERY
3. **SWELLING, DISCOMFORT, AND RESTRICTED JAW FUNCTION ARE EXPECTED AFTER ORAL AND MAXILLOFACIAL SURGERY**
 - BLEEDING CONTROL: When you get home, wash your hands thoroughly and remove gauze. Slight bleeding is expected and desirable. If bleeding is excessive, place a roll of sterile gauze over the wound and bite firmly for 45 minutes- one hour with constant pressure. Assume a semi-upright bed position with 2 pillows and apply an ice pack. Repeat if necessary. Oozing may occur over the next several days.
 - SWELLING CONTROL: Apply an ice pack to the jaw immediately upon your return home following surgery. Continue this for the first 72 hours (3 days). Dissolving ice chips in the mouth will thin the saliva. Keep the surgery site cold to help reduce swelling.
 - DISCOMFORT CONTROL: You may have been given a prescription for pain. Take one tablet when the numbness fades. Food should always be eaten before taking the medication, preferably a carbonated drink, saltine crackers, dry toast, and/or clear liquids (Jell-O, clear soup broth). If you develop hives or a rash, discontinue medication and call the office at 386-672-9440.
 - DIET: Protein is necessary for proper tissue production and healing; therefore, we suggest a high protein, soft food diet. Anything you can cut with a fork is good. Increase your fluid intake, but **do not use a straw**. Gradually increase your diet to solid foods. DO NOT SKIP MEALS. If you take nourishment regularly you will feel better, gain strength, have less discomfort, and promote healing.
 - ORAL HYGIENE: Beginning after surgery, **avoid the surgical site area for 2 weeks**. You may brush teeth around the site gently, and all other teeth in the mouth normally.
4. Get plenty of rest!
5. If sutures are placed, they will dissolve on their own. If they do not dissolve, they will be removed at your 2-week post-op appointment.