

AFTER OPERATION INSTRUCTIONS

PATIENT: _____

**Read and follow these instructions carefully.
They can prevent needless alarm and worry.
If you are in doubt about anything please
call our office.**

BLEEDING:

Change the gauze pressure packs every 20 minutes, biting firmly until the bleeding subsides. Leave the cotton out of mouth when oozing is slight.

SWELLING:

Use ice packs for the 1st day to prevent swelling. A moist heating pad may be used starting the 2nd day to help resolve the swelling.

DISCOMFORT:

Take the prescribed medication with food or liquid as directed. Over the counter medicine like Motrin® can be used as an alternative.

EATING:

Liquids and soft food are best for the 1st day. Regular food may be eaten after the 2nd day as is comfortable.

RINSING:

Do **NOT** rinse or do any spitting the 1st day. The blood clots can be disturbed. Starting the 2nd day, use **WARM SALT WATER** to soak and rinse the areas often for comfort and cleanliness after meals. You should resume brushing your teeth 24 hours after surgery.

Not Smoking speeds healing!

**DO NOT DRIVE FOR 24 HOURS
AFTER GENERAL ANESTHESIA**

**The following 'after surgery' conditions
may occur in some patients while healing
is progressing normally.**

1. Occasionally, bleeding may continue. Biting with pressure on gauze packs or a tea bag soaked in warm water can be useful.
2. Swelling can be expected and may be most noticeable the 2nd or 3rd day, then slowly resolves.
3. Tightness of muscles (trismus) may cause difficulty opening.
4. The skin may become discolored after surgery because of bleeding into the tissues. It will resolve in a short time.
5. Slight earache or sore throat may be noticed after surgery.
6. Temperature may be elevated slightly for 24-48 hours.
7. "Novocaine" may result in 6-10 hours numbness of the lower lip, chin and tongue. Numbness remaining after the 1st day may be due to nerve irritation and should be brought to Dr.'s attention.
8. Nausea and or vomiting may occasionally occur. Usual causes of an upset stomach are swallowing blood or sensitivity to medicine taken on an empty stomach. Stay with liquids until resolved. 7 up or something like Pepto Bismal may help. If the nausea persists call your doctor.
OFFICE PHONE 925-933-6190
9. You may have pain which becomes worse after a few days and does not respond to the medication you are taking. This may indicate an inflammation of the bone socket. Please call the office to arrange for a sedative dressing to be placed.