

LANE ORAL & MAXILLOFACIAL SURGERY PC & DENTAL IMPLANT CENTER

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POST SURGICAL CARE

BLEEDING A gauze sponge will be placed in your mouth to control bleeding. Bite tightly into it applying pressure for approximately 45 minutes. Carefully remove gauze.

IF BLEEDING STILL OCCURS Fold a moistened piece of gauze into fourths. Place moistened gauze into a plastic sandwich bag in freezer for 10 minutes. Remove gauze from bag and place into bleeding socket. Bite tightly into it applying pressure for approximately 45 minutes.

DO NOT KEEP GAUZE IN MOUTH FOR MORE THAN 2 HOURS. REMEMBER, IT IS NORMAL FOR A SMALL AMOUNT OF OOZING TO OCCUR FOR 24-28 HOURS. IF HEAVY BLEEDING PERSISTS AFTER TWO HOURS, OR IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE FOR ADDITIONAL INSTRUCTIONS (BEFORE 5:00 PM, IF POSSIBLE.)

TODAY

- **FOR 24 HOURS DO NOT** rinse, spit, smoke or use straws.
- **DO NOT BRUSH YOUR TEETH TODAY.**
- **APPLY ICE BAG TO FACE** - 20 minutes on, 20 minutes off.
- **REST** – physical activity should be limited.
- **SLEEP** with your head elevated on 2 or 3 pillows.
- **AVOID ALCOHOL AND HOT LIQUIDS** for 24 hours.
- **DIET** – cold, soft foods until numbness wears off. Warm, soft foods may be tried later in day. **Any soft foods desired may be eaten.** Begin with clear liquids (ginger ale, apple juice, water, etc.). As your stomach can tolerate it, begin to eat soft, solid high protein foods (eggs, milk and milk products, frappes, ice cream, cottage cheese, pudding or baked potato, baked beans, melon, etc.). Continue soft diet for 4-5 days.

TOMORROW

- **BRUSH TEETH AS USUAL**, avoiding areas of extractions and stitches.
- **RINSE** with warm, salted water after meals. (Add ¼ teaspoon of table salt to an 8 ounce glass of warm water) Rinses may be continued for several days.
- **CONTINUE TO USE THE ICE BAG** on the face to help minimize the swelling.
Day 3 after surgery switch to moist hot packs - 20 minutes on, 20 minutes off.
- **IF YOUR LIPS ARE STILL NUMB**, be careful when using the ice and when using food utensils. Application of Vaseline is useful and soothing.

FOR PAIN

Take medication prescribed. As the pain decreases, take 2 Tylenol tablets every 4 hours (if you are able to take Tylenol).

Sutures may be placed in your mouth. **DO NOT DISLodge THEM.** They will be removed in one week if necessary (in most cases the sutures used are resorbable and will dissolve on their own). *Please call for a check-up appointment if you do not have one.* **In case of any undue discomfort or concern, call us Day or Night** at our Plymouth or Sandwich office.