



CENTER FOR OSSEOINTEGRATION  
ORAL AND JAW RECONSTRUCTIVE SURGERY

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## **POST-OPERATIVE INSTRUCTIONS**

**Oral Surgery is similar to surgery performed on other parts of the body.  
It requires careful attention to the care of the wounds to assure the minimum of  
post-operative effects.**

### **DO NOT DISTURB THE WOUND WITH THE TONGUE OR FINGERS.**

- Bite on the gauze packs for one hour at a time without changing them until active bleeding ceases.

### **BLEEDING**

- Some oozing of blood is normal following surgery and can be expected in minor amounts for the first few days.
- Recurrent bleeding should be controlled by replacing the gauze pack for one hour intervals as needed.
- To avoid excessive bleeding, bite gently on the gauze packs as instructed; DO NOT smoke, spit, rinse or drink through a straw for the first 24 hours.

### **PAIN**

- For the usual extraction of teeth and minor oral surgery, please take over the counter analgesics (*Tylenol, Advil, etc.*) as recommended for discomfort.
- For more involved oral surgery, you will be given a prescription for medicine to control the discomfort; follow the directions as described on the label.
- Children: Unless a medicine is prescribed, *Baby/Children's Tylenol/Motrin* according to the instructions may be given.

### **SWELLING**

- Some swelling usually follows oral surgery and will take 24-48 hours to maximize. To minimize this, apply an ice bag over the cheek (on the side of surgery) at half-hour intervals during waking hours for the first 24 hours. After the first 24 hours, warm moist compresses will help to resolve any further swelling. Please call our office if swelling persists abnormally.

### **DIET**

- Nothing hot to eat or drink for the first 24 hours. A soft diet with a large fluid intake is recommended for the first day or two after surgery. After that, a return to normal diet is recommended.

### **HYGIENE**

- Rinsing and brushing may resume after the first 24 hours. Warm salt water (1/2 to 1 teaspoon of salt mixed in an 8 oz. glass of warm water) rinses are recommended.

**ANSWERING SERVICE (847) 843-0100**