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714-847-6044

## GENERAL POST-OPERATIVE INSTRUCTIONS

Your team at Surf City Oral and Maxillofacial Surgery is committed to your health and comfort. Please follow these instructions closely and contact us with any questions.

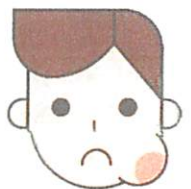
### Bleeding:

- A certain amount of bleeding and **oozing is expected** after surgical procedures and the saliva may be tinged for the first 72 hours.
- If oozing is persistent, it can be controlled by placing a piece of gauze or a moist tea bag wrapped in gauze over the surgical site and biting on it for **30-60 minutes**. Repeat if necessary. Do **not** do this for more than a day, as repeated changing of the gauze could remove the blood clot that is supposed to form in the socket.
- Make certain that the gauze is placed on the surgical site(s). The gauze must be large enough to prevent upper and lower teeth from meeting when biting firmly.
- For any uncontrolled bleeding (mouth filling with blood) call our office immediately.
- After a few days, if bleeding persists, examine the surgical site for an extruded clot, called a “**liver clot**.” This is a mass of dark-colored rubbery material which projects from the surgical site. If this is present, remove all of it by wiping the area with a piece of clean dry gauze and rinse your mouth vigorously with warm water. Repeat as needed.



### Swelling:

- It is normal for swelling to **peak** after surgical procedures in 2-3 days.
- Apply an ice pack to the face in the area of surgery for periods of 20 minutes on and 20 minutes off for the first 2-3 days. You can switch to a warm compress after the 3<sup>rd</sup> or the 4<sup>th</sup> day.



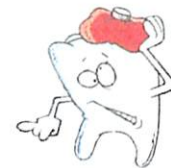
### Pain:

- Take the pain medication as prescribed by your surgeon.
- **Norco, Percocet or Tylenol with codeine** are narcotic pain medications that are very effective at controlling surgical pain.
  - Take only the **minimum** that is required for pain control. Do not take extra doses before consulting with our office.
  - Patients taking narcotic pain medications that diminish their reflexes should not operate machinery, drive, or perform tasks that require full focus.
  - Do not take regular **Tylenol** in addition to these medications as they already contain acetaminophen.
- **Ibuprofen** (the main ingredient in **Motrin** and **Advil**) is a very effective medication for controlling **pain and swelling**. Take as prescribed with food and stop if you develop stomach pain.



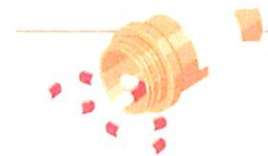
### Fever:

- A low-grade fever for the first 3 days may occur following surgery and should be no cause for concern.



### Antibiotics:

- Take antibiotics as prescribed by your surgeon
- **Finish** the course of antibiotics even if you feel better prior to completing the regimen
- If you develop abdominal cramping/pain and/or diarrhea, stop the course of antibiotics and consult your surgeon and also your physician.



### Diet:

- Adequate nutrition is crucial to recovery and healing. Do not go hungry!
- Soft bland foods and plain milkshakes are strongly advisable (soups, mashed potato, scrambled eggs, mac and cheese, over-cooked pasta, yogurt, protein shakes)
- Avoid sour/spicy food
- Avoid hard/crunchy food
- Avoid food with small particles that could enter the surgical sockets (strawberry seeds, rice, popcorn, etc.)
- **Avoid using a straw when drinking.**



### Hygiene and Maintenance:

- **Sinus Precautions:** Do not blow your nose for 2 weeks. Do not sneeze with your mouth closed. Do not submerge under water. Do not play wind instruments.
- Avoid surgical sites when brushing
- Do not rinse your mouth within 24 hours after the surgery. Afterwards, you can very **gently rinse** your mouth **after each meal** using saltwater (use a quarter teaspoon of salt in a large cup of warm water). Continue this until sites heal.
- **Do not spit**
- **Avoid blowing your nose if you had surgery in the back upper jaw region**
- **Smoking** significantly hinders your healing capacity and you would be more prone to infections.
- Resorbable **sutures**, depending on type, dissolve as early as 3-5 days and as late as 3-4 weeks

**IN CASE OF ANY UNUSUAL SYMPTOMS, CALL OUR OFFICE PROMPTLY AT 714-847-6044.  
WHEN CALLING AFTER HOURS, PLEASE ALLOW TIME FOR THE ANSWERING SERVICE TO  
PICK UP YOUR CALL. PLEASE KEEP YOUR PHONE LINE FREE FOR A RETURN CALL.**

Return appointment \_\_\_\_\_