



# Oral Surgery Post Op Instructions

1. Bite on the oral gauze packs for 20 minutes after surgery. Some bleeding from the surgical site is normal for as long as 24 hours post-operative. If this is excessive, place and bite on fresh gauze packs moistened with cool water for 20 minutes as needed.
2. Ice packs applied immediately to the face over the areas of surgery will help minimize swelling, discomfort and bleeding. Alternate 20 minutes of ice with 20 minutes rest. The swelling might not peak until 24 - 48 hours post-operative, after which it will begin to resolve.
3. It is usually advisable to take your first dose of pain medication before the numbness of the local anesthetic wears off. Take your medications as prescribed.  
  
Your diet for the first 24 hours post-op should consist of cool soft foods. Do not drink carbonated beverages (may promote bleeding) and generally avoid heavy milk products. Do not suck liquids through a straw.
4. Avoid smoking during the healing period as this may interfere with the healing process and increase postoperative discomfort.





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5. Do not start mouth rinses until the following morning. The mouth may be rinsed at that time with a solution consisting of a teaspoon of salt in a glass of lukewarm water. Gentle tooth brushing is encouraged but never over the surgical site.
6. If your sinus was involved during the surgery, you should avoid closing off your nose or mouth when sneezing. Also do not forcibly blow your nose during the healing period. Wipe, don't blow your nose.
7. If stitches were placed after your surgery. Unless you were told otherwise, you don't need to come back to have your stitches removed. They will dissolve and come out on their own in 5 to 7 days.
8. **REMEMBER** – while taking narcotic pain medications, ***you will not be able to drive a car or operate machinery, transact business or drink alcoholic beverages***



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