

## Postoperative Instructions After Oral Surgery

- A. Please avoid smoking, spitting, drinking through straws or vigorously rinsing your mouth. After 24 hours, begin gentle warm salt water rinses several times a day, especially after eating.
- B. Eat soft nourishing foods and drink plenty of fluids. The day of surgery, do not eat or drink anything too hot, lukewarm or cool is recommended.
- C. Some bleeding is normal from surgical areas. We recommend firm pressure, usually by biting on gauze, to the surgical site until active bleeding has stopped. It is important that the gauze is in the proper position and pressure is kept on the area for 20 - 30 minutes to control the bleeding.
- D. Some swelling and bruising may occur following surgery. This will usually reach its peak in 36 to 48 hours. We recommend an ice pack be placed on the outside of the face over the surgical area for the remainder of the day when awake. The ice should stay on for 10 minutes then off for a short while so the skin doesn't get too cold.
- E. Please take pain medication shortly after you get home before local anesthesia (numbness) wears off. Please have something to eat or drink before taking medication.
- F. When sleeping or resting, elevate your head on 2 pillows, it will help reduce swelling.
- G. It has been reported that if you are currently taking an oral contraceptive (birth control pill), antibiotics may decrease the effectiveness of the contraceptive. If you have been given a prescription for antibiotics, i.e. penicillin, clindamycin, etc., please use an additional method of contraception and consult your gynecologist.
- H. If bleeding or pain persists, or if you have any questions, please call your doctor.