



Oral Surgery Post-Op Instructions

Diet: Nutritious, soft foods (scrambled eggs, cottage cheese, soft meats and vegetables, milkshakes, warm soups, etc.)

Sutures: If non-dissolving sutures are used, they will be removed at your post-op visit. **DO NOT REMOVE YOUR OWN SUTURES.** If dissolving sutures are used it is not uncommon to lose some a day or two after surgery. If the area is not bleeding, it is not a concern.

Home Care: Do not floss the treated areas. Use soft bristle toothbrush in the area to keep clean. Use the rinse prescribed in the morning and at night until you return for your post-op appointment. Do not use any other rinse. Warm salt water may be used. (Dissolve a teaspoon of salt in a cup of warm water.)

Bleeding: Some Bleeding can be expected up to 24 hours after surgery. If it continues, apply steady pressure with moist gauze or a moist tea bag for 30 minutes without removing.

Swelling: Use ice packs-10 minutes on and 10 minutes off- for the first 24 hours after surgery. Warm moist heat may be used 48 hours after surgery. Once swelling occurs, it may take up to a week to completely go away. If swelling increases after the first 3 days, call the office.

Bruising: Bruising of the face may occur after surgery. Once the bruise appears, it may take up to two weeks to completely fade.

Pain Management:

1st level (mild-moderate) - If you have a prescription for Ibuprofen please take as instructed. Take (800mg) Ibuprofen every 6-8 hours. Take Tylenol every 4 hours. Alternating these medicines.

2nd level (Severe) - If necessary, take the prescribed pain medication as directed. Continue taking Ibuprofen and substitute the prescribed pain medicine for the Tylenol.

Example: (1) 800 mg Ibuprofen every 8 hours.
(1) 325 mg Tylenol every 4 hours.
(1) Prescribed pain pill every 4-6 hours substituting for Tylenol. *Do not exceed 4,000 mg of Acetaminophen or 3,200 mg of Ibuprofen per day

To Be Avoided: Smoking, Chewing Tobacco, Hard to chew foods (popcorn, nuts, crusty bread, etc.) Vigorous exercise or hard physical work for 48 hours, Chewing on treated areas and drinking through a straw.

Tissue Graft Surgical Patients: There is no need to look at the surgical site so please **DO NOT** pull on your lip to see the site and **DO NOT** touch it at all. Pulling and tugging can disturb the sutures and cause them to come out and the procedure to fail. Do not brush the area until after follow up appointment