

Post-Operative Instructions for care after an Incision and Drainage (I&D)

At Commonwealth Oral and Facial Surgery, we realize that having any surgery can be stressful. Our desire is to have your post-operative course progress as smoothly as possible. These instructions provide some general guidelines with regards to post-operative care; your doctor may give you additional instructions as well. Thank you for choosing Commonwealth Oral and Facial Surgery.

Draining of the Infection

A Penrose drain, which is a small rubber tube, may have been placed to keep the area open and promote drainage of the infection. This will usually be left in place for 24 to 48 hours. Your doctor will determine when you should have the drain removed.

Do not attempt to touch, move, remove, or replace the Penrose drain. If the drain comes out please call the office for further assistance.

Bleeding

The gauze pad placed over the surgical area should be kept in place for 30 minutes. After this time, the gauze pad should be removed and discarded. A certain amount of bleeding is to be expected following surgery. If the surgical site is still bleeding heavily then replace the gauze pad with one of those provided in the post operative care package. Slight bleeding, oozing, or redness in the saliva for up to 24 hours is not uncommon; however, gauze is only needed if the area is bleeding heavily.

Swelling

Most patients having this procedure are swollen. Swelling may increase after the procedure. A warm compress, such as a warm wash cloth, should be applied to the area to promote drainage. Please **do not** apply ice to this area. To minimize swelling keep your head elevated. Use several pillows and prop your head and torso upright while relaxing or sleeping.

Pain Medications

To help manage post operative discomfort, your doctor may prescribe one or more prescriptions. It is a good idea to begin taking your medications while you are still numb. Usually moderate discomfort can be controlled with Tylenol or an anti-inflammatory medication (Advil/Motrin/Ibuprofen, Aleve or Etodolac). Anti-inflammatory medications can be alternated with Tylenol.

After careful consideration, your doctor may choose to prescribe an opioid (narcotic) for severe pain. It's recommended that you use this medication sparingly and make yourself aware of the possible side effects. The side effects of an opioid (narcotic) can include but aren't limited to the following: drowsiness or confusion, nausea, vomiting, and constipation. Opioid medications can be addictive in nature; therefore, they are to be taken according to the directions on the label. This type of pain medication should be used only to manage severe pain. If you need to take the opioid (narcotic) do not drink alcoholic beverages, drive or operate any machinery for 24 hours after the last dose. Please be sure to eat at least 30 minutes before taking your pain medication. Taking narcotic pain medication on an empty stomach may increase the risk of nausea. If you have persistent problem with nausea or vomiting, please notify your doctor.

If you have any questions please call the office 804-354-1600, or for after hours assistance, call the answering service at 1-866-420-8819.

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Antibiotics

If you have been placed on antibiotics, take them as directed. If you have an unfavorable reaction such as a rash, please discontinue the medication and call the office for further instructions.

Oral Hygiene

Mouth cleanliness is essential to good healing. Start rinsing 24 hours after your surgery. Rinse with warm salt water (1/2 teaspoon of salt to an 8 oz cup of warm water) three to four times a day. **Use the salt water rinse in addition to any other rinses prescribed by your doctor.** You may begin to brush your teeth 24 hours after surgery, taking care to be gentle in the region(s) of the surgery.

Diet

Drink plenty of fluids; however avoid hot/steamy foods and liquids. Cool soft food and liquids should be eaten on the day of surgery. Return to a normal diet the next day unless otherwise directed. If the tooth was uprighted (placed into the correct position), stay with soft foods until your post op appointment, usually within 7-10 days after surgery.

Activities

Risk of falling: If you have been given sedation and/or narcotic medication there is a chance you may become light headed/dizzy. Extra caution must be used to prevent falling.

Resume normal activities a day or so after surgery, or as directed by doctor. Please keep physical activities to a minimum immediately following surgery.

Avoid smoking for as long as possible following surgery. The use of tobacco products slows down the healing process and may lead to developing other complications. We strongly recommend avoiding tobacco products for one full week.

Other instructions specific to you: _____
