

POST OP INSTRUCTIONS

Bleeding:

Oozing from the surgical site or red/pink saliva is normal for the first 24 hours following an oral surgical procedure. Bleeding can be controlled with pressure using a gauze pad on the surgical site and biting down firmly. Keep constant pressure on the area for 30 minutes. If bleeding continues, place a moist black tea bag over the surgical site for 30 minutes. If bleeding persists for more than 24 hours or is excessive, please call 804-354-1600.

Swelling:

Swelling typically peaks at approximately 48 hours after surgery. If swelling continues to increase beyond this period or is accompanied by severe pain or a fever, please notify our office at 804-354-1600. Initial swelling can be minimized using ice packs and elevating your head while sleeping.

Medications:

1. Most post operative pain can be controlled with a combination of Acetaminophen (Tylenol) and an NSAID (Ibuprofen/Motrin/Advil or Naproxen/Aleve)
 - a. Take 600mg Ibuprofen **and** 500-650mg Tylenol together every 6 hours for pain following your surgery.
 - b. Do not exceed 3200mg of Ibuprofen (Advil/Motrin) or 3000mg of Acetaminophen (Tylenol) in a 24 hour period.
 - c. If you are on a blood thinner, please notify your oral surgeon as this may affect which medications you can take.
 - d. If your pain is not responding to the regimen above, please contact our office at 804-354-1600.
2. Take all your medications normally as prescribed, unless otherwise directed by your oral surgeon.
3. If indicated, your oral surgeon may have prescribed medications (such as an antibiotic, steroids, etc.) to take after surgery. Please refer to the instructions on the bottle.

Diet:

Begin with liquids while you are still numb. As the numbing medication wears off you may start with soft foods and work your way up to regular foods as you start to feel better. Avoid hot, crunchy, seedy foods as they may become lodged in your surgical sites.

You may resume brushing your teeth normally and rinsing with warm salt water or if prescribed, an antibiotic mouth rinse, after meals. Be gentle around the surgical sites. The day after surgery you may begin flushing out your surgical sites with the provided syringe and warm salt water or antibiotic mouth rinse.

Any dentures or retainers may be worn immediately following surgery, as tolerated, unless otherwise directed by your oral surgeon.

Activity:

You may slowly resume normal activity the day after surgery, unless otherwise directed by your oral surgeon. Avoid smoking of any kind for as long as possible after surgery as this may slow/delay your healing process and can increase your risk of "dry socket."

At Commonwealth Oral & 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.

**QUESTIONS?
CALL 804-354-1600.**