

Post Operative Instructions

BLEEDING:

When you leave our office you will be biting on gauze in the area of the surgery. This pressure will help to form a clot to stop the bleeding. Leave that gauze in for one hour, remove it and place a new piece of gauze (that we provide) in the area again for an additional half hour. After that half hour, remove the gauze again. This time there is no need to put another piece in. It is normal to ooze throughout the day/evening after surgery. However if you feel that you are bleeding excessively, wet a regular tea bag with warm water, place it in the extraction(s) site and bite down on it for 10 minutes. The tannic acid in the tea bag will help to stop the bleeding. Repeat the tea bag as necessary.

There must be absolutely **NO RINSING, NO SPITTING, and NO DRINKING WITH A STRAW** for the first 24 hours. This will dislodge the clot and cause you to continue bleeding.

The next day after surgery you should do a salt water rinse. Please do it as often as possible, especially after you have eaten. Just take a glass of warm water and place one teaspoon of salt in it.

EATING:

Your diet must consist of soft but **SOLID** foods. Some examples are mashed potatoes, pasta, stuffing, mac & cheese, etc. etc. You will be taking pain medication that can be hard on the stomach. These medications must be taken on a full stomach. Foods such as soups, jell-o and pudding are **NOT** substantial enough and you will get nauseous with them. You need to avoid anything hard and crunchy, such as Italian bread, pretzels, pizza crust etc. etc. Please remain on this diet until we see you for your post operative visit. You **CAN** brush your teeth, with toothpaste, after the first day. Please make sure you are gentle and avoid brushing the surgical site.

Do not drink anything too hot as it may increase the swelling. Please also limit your alcohol intake as it may slow down the healing process. If you do drink alcohol, make sure it is never with any of your prescriptions.

SWELLING:

For the first 48 hours after your surgery we recommend that you place ice on your cheek near the surgical site. You may use an ice pack, ice cubes in a zip lock baggy, or even frozen vegetables. Put the ice on your face for ten minutes, and then remove it for five minutes. Please repeat this process for the **first 48 hours ONLY**. Please make sure to wrap your “ice” in a thin towel so that it does not burn your face. You may see some bruising as well, this is normal.

Typically, swelling does not show up until the next day after your surgery, and can get even worse the second day after the procedure so do not be alarmed if this is the case. The third post operative day is when you should see a slight improvement.

SMOKING:

Try to avoid smoking for as long as possible. Smoking may break down the blood clot and cause severe pain in the surgical site. If you **MUST** smoke, please make sure that you place a lot of gauze over the surgical site as to protect the area.

FOLLOW UP VISIT/SUTURES:

We typically place dissolvable sutures in the site of the surgery. They typically start to dissolve between 3-5 days. We still want to see you for a follow up appointment just to make sure the area has healed nicely, which is usually 1-2 weeks after your surgery.

CONTACT US:

Please do not hesitate to contact us if you have any questions or concerns. If we are not in the office, we have an answering service that can get in touch with us 24/7 for an emergency. If it's not an emergency, please leave a message and someone will call you the following day.