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SOFT TISSUE POST-OPERATIVE INSTRUCTIONS

If you are receiving these particular instructions you have had a biopsy or soft tissue removal of some sort. The following instructions **should be followed**:

1. If gauze has been placed, bite on this for 30 minutes. **DO NOT CHEW** on the gauze. **DO NOT SPIT**. Spitting will cause more bleeding. Excess saliva and a **little blood** appear as a lot of bleeding.
2. **DO NOT SMOKE** for one week if possible. **DO NOT USE A STRAW** for 24 hours.
3. To prevent bleeding and swelling keep your head elevated on 2 or 3 pillows while you rest and /or sleep. The wound may bleed/ooze *slightly* for one or two days. This is normal. If bleeding persists or if bleeding is excessive..... Notify me at the office.
4. Brush remaining teeth 3 times daily but don't rinse or use a mouthwash the day of surgery.
5. **Maintain a Proper Diet**. Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids with meals and in between. Have what you wish but be careful not to 'hit' the affected area directly if you can help it. No extremely Hot or Spicy foods until the area heals. Add solid foods to your diet as soon as they are comfortable to chew.
6. **To minimize swelling: Immediately** following the procedure apply an ice bag over the affected area. Use 20 minutes on and 20 minutes off to help prevent development of excessive swelling and discomfort. If an ice bag is unavailable, simply fill a heavy plastic bag with crushed ice. Tie securely and cover with a soft cloth to avoid skin irritation. After the first 24 hours, if you still have some minor swelling, use warm, moist heat compresses to relieve swelling. (Depending on the procedure, swelling may not even be an issue)
7. Warm salt water rinses should begin the **day after** surgery, and continue until you are seen for your follow up visit; rinsing after meals when possible and most importantly, before bed time.

THE FOLLOWING CONDITIONS MAY OCCUR

1. The area where the procedure occurred *may* swell.
2. Trismus (tightness) of the muscles may cause difficulty in opening the mouth.
3. If the corners of the mouth are stretched they may dry out and crack. Your lips should be kept moist with a cream or ointment.
4. There may be a slight elevation of temperature (Fever) for 24 to 48 hours. If the fever continues, notify the office.
5. You will be given a prescription to relieve pain, muscle soreness, swelling and nervousness depending on your particular need. Follow the directions on the box or bottle carefully. *Do not let anyone else use this prescription.*
6. **REMEMBER YOUR FOLLOW-UP VISIT:** It is often necessary to return for a postoperative visit to make certain healing is progressing satisfactorily.
7. If unusual problems arise and the office is closed, contact me through my service at 770-992-4844. Ask them to contact me immediately.

(Soft Tissue Post op Instructions)