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**POST OPERATIVE INSTRUCTIONS
and Home Care
following removal of teeth and other
oral and maxillofacial surgery**



**Member
American Association of
Oral and Maxillofacial Surgeons**

Please return to the office

on _____ Time _____
for post-operative care.

POST OPERATIVE INSTRUCTIONS

1. Bite, but do not chew, on gauze for 30 minutes. Change gauze and bite for additional 30 minutes if directed by Dr. Attia.
2. Use ice packs on the jaws to help prevent swelling. Keep ice packs in place 20 minutes and off for 20 minutes. Ice should only be used for the first 24 hours after surgery. Ice packs kept in place beyond 24 hours do not prevent swelling and may prolong it.
3. On the day of your surgery, keep your head elevated on 2 or 3 pillows while you rest and/or sleep. This will help prevent bleeding and swelling.
4. Do not smoke one week post operatively!
5. Do not use a straw to drink for 24 hours.
6. Do not forcibly spit; this causes more bleeding. Excess saliva and a little blood may appear to be a lot of bleeding. You may drink or sip with cool water, very gently, later on the day of surgery, once gauze is removed.
7. Begin warm salt water rinses the **day after** surgery. One (1) teaspoon of salt in a 6-8 ounce glass of warm water. Rinse your mouth 3 or 4 times a day for one week.
8. Do not disturb the surgical area today. Do not rinse or probe the area with any object or your fingers. You may brush your teeth **gently**, but avoid the surgical site for the first few days. (Brush your teeth after 24 hours).
9. Protect the I.V. site by keeping a Band-Aid in place for 24 hours or until it comes off.
10. Do not exercise or lift heavy objects with veni-puncture arm for five (5) days. If knots, red streaking, or muscle weakness occurs around the I.V. site, contact the office and arrange a follow-up examination.
11. **When and what to eat:** Clear liquids may be taken immediately upon arrival at home and then full liquids (i.e. Ice Cream, Apple Sauce, Soup, Pudding, Jello, Yogurt) are recommended the first day. Soft chewable foods (i.e., spaghetti, eggs, etc.) are recommended the second day. The third day you may resume normal food as tolerated.
12. **Medications:** Take your medications as directed. Please be sure to eat at least 30 minutes before taking your pain medications.

THE FOLLOWING MAY OCCUR:

1. Nausea and vomiting. This is usually caused from taking medication on a totally empty stomach. If non-productive vomiting persists, a prescribed suppository may be needed. We will prescribe on request.
2. The area operated on may swell and the swelling may become quite large.
3. Trismus (tightness) of the muscles may cause difficulty in opening the mouth.
4. You may have a slight earache and sore throat.
5. Discoloration (ecchymosis) may develop over the side of the face and neck. This is quite normal, especially in fair complected patients.
6. Numbness of the lower lip area is not uncommon following surgery in the lower jaw region and is termed "paresthesia". Such numbness may also occur in the tongue. This is usually transient, but may be prolonged in difficult surgical cases. A long acting local anesthetic has been given. Lower lip numbness may be prolonged for approximately 4-8 hours. This is normal.
7. The corners of the mouth may be dry and crack. Your lips should be kept moist with a cream or ointment such as cocoa butter.
8. There may be a slight elevation of temperature (fever) for 24-48 hours. If the fever continues, record it and notify us.
9. The wound may bleed (ooze) slightly for 24-48 hours. This is normal. If bleeding persists or is excessive, place a cold, damp pack over the area and close firmly on it. If excessive bleeding continues, call us.
10. Sutures may have been used to hasten the healing of the tissues. They are of the dissolvable type and will usually dissolve in 3 to 7 days. If they are still present at your first post-surgical appointment, they will be removed painlessly.
11. We will give you a prescription for a drug or combination of drugs to relieve the pain, muscle soreness, swelling and nervousness, depending on what we think you need. Take the prescriptions as directed. Do Not let anyone else use this prescription!
12. If unusual problems arise and the office is closed, contact us through our answering service at 770-992-4844.
13. Please remember your follow-up visit. It is always advisable to return for a post-operative visit to make certain healing is progressing satisfactory. A follow-up visit will be suggested if necessary.
14. Our interest in your progress does not cease with the completion of the procedure. If any difficulty arises at any time, please telephone the office or return for treatment.