

# AMHERST ASSOCIATES OF ORAL & MAXILLOFACIAL SURGERY, P.C.

## POST-OPERATIVE INSTRUCTIONS- SOFT TISSUE PROCEDURE

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. Our number is: # 632-5557. After office hours, Dr. Sindoni can be reached @ 998-3198.

### DAY OF SURGERY

**EXERCISE CARE:** Do not disturb the surgical area today. You may gently rinse with warm salt water. You may brush your teeth gently. If the area is immediately adjacent to your teeth, please use caution when brushing. **PLEASE DO NOT SMOKE** for at least 48 hours, since this is very detrimental to healing.

**OOZING:** Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze, moistened with tap water, over the area and applying gentle pressure.

**PERSISTENT BLEEDING:** Bleeding should never be severe. If bleeding persists or becomes heavy apply steady pressure with moistened gauze for 30 minutes. Repeat the procedure with the gauze and then try a tea bag wrapped in moist gauze for 20-30 minutes. If bleeding remains uncontrolled, please call our office.

**SWELLING:** Swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied gently to the surgical area, if possible ( depending on the site). This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery.

**PAIN:** Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.** You must allow time for the medication to work. You must also take the medication on a regular schedule. The most severe pain is usually within six hours after the local anesthetic wears off, after that your need for medicine should decrease.

**DIET:** Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or soft foods (soups, puddings, yogurt, milk shakes, etc.) Avoid extremely hot or spice foods (ketchup, vinegar, mustard). It is important not to skip meals. With regular nourishment you will feel better, heal better, and have less discomfort.

**HEALING:** The first two days after surgery are generally the most uncomfortable and there is usually some swelling. Some bruising or changes in normal appearance at the surgical site may be expected. Depending on the site, bruising could extend around the eyes and into the neck. Sutures will dissolve on their own over the next five to fourteen days. Healing can be aided by the use of frequent warm salt water rinses (1/4 tsp. salt dissolved in 8 ounces of warm water)

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office. Calling during office hours will afford a faster response to your question or concern. **PLEASE NOTE: telephone calls for (pain killer) prescription renewal are ONLY accepted during office hours.**

### YOU HAVE BEEN PRESCRIBED THE FOLLOWING MEDICATIONS:

<u>MEDICATION</u>	<u>DOSE</u>	<u>ROUTE</u>	<u>FREQUENCY</u>	<u>PURPOSE</u>

NEXT DOSE IS DUE @ \_\_\_\_\_

I, the undersigned, understand the Discharge Instructions that have been reviewed and explained to me

Patient: \_\_\_\_\_ Assistant: \_\_\_\_\_

Escort: \_\_\_\_\_