

**Emergency Telephone
Answering Service
(770) 664-6533**

POST-OPERATIVE HOMECARE INSTRUCTIONS:

1. DAY 1 – SURGERY DAY

- **TAKE GAUZE OUT WHEN YOU ARRIVE HOME and DO NOT REPLACE.** Continued use, chewing or biting of the gauze will prolong bleeding.
- **AS SOON AS YOU ARRIVE HOME, DRINK FLUIDS.** Carbonated beverages (Coke, Sprite, Ginger Ale, etc.) are well tolerated on an empty stomach.
- **10 MINUTES AFTER FLUIDS EAT SOMETHING BLAND** (Soup, saltine crackers, toast, broth, pancakes, waffles, French toast, eggs, etc.)
- **RESUME REGULAR DIET WITHOUT RESTRICTIONS BY LUNCH TIME,** if beverages and bland foods are tolerated without nausea or vomiting. **Do not eat hard foods** (i.e. rock candy or hard nuts) for about 6 to 8 weeks after surgery. Rinse mouth with water after consuming milk products.
- **ICE PACKS ARE TO BE WORN FOR THE FIRST 12 HOURS,** following surgery all day until bedtime. Change the ice in the bag every 1 to 2 hours.
- Keep head **elevated** above your heart with an extra pillow.
- **BRUSH TEETH AND TONGUE** with a soft toothbrush and toothpaste after meals and before bedtime.
- Keep lips and corners of mouth moist (i.e. Vaseline, Burts Bee, Blistex, etc.).
- Take medications as directed or needed.

2. DAY 2 – POST-OP

- **ICE PACKS ARE TO BE WORN 30 minutes ON /30 minutes OFF** all day until bedtime.
- **START WARM SALT WATER RINSES.** Mix 1/4 teaspoon of salt with 6 - 8 ounce of warm water. Gently rinse for 5 minutes every 3 -4 hours for 2 weeks following surgery.
- **Continue brushing teeth and tongue** with a soft toothbrush and toothpaste after meals and before bedtime.
- If commercial mouthwash is used, dilute 50/50 with water before using for approximately one week.
- Take medications as directed or needed.

*** Please note that the greatest amount of swelling is the day after surgery***

3. DAY 3 – POST-OP

- Stop using ice packs
- **Start massaging 5 times** a day for 3 to 5 minutes for 2 weeks following surgery.
- **Continue brushing teeth and tongue** with a soft toothbrush and toothpaste after meals and before bedtime.
- Take medications as directed or needed.

POST-OPERATIVE BLEEDING:

- Some oozing after oral surgery is normal for a period of 24-48 hours. Dilution by saliva makes bleeding appear greater.

If persistent/excessive bleeding does occur, use of soft biting pressure on a tea bag folded in a gauze pad will be helpful. Remember, if bright red bleeding persists despite several attempts to stem the flow, contact the office.