



OLNEY CENTER

— For Oral & Maxillofacial Surgery —

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Diplomate American Board of Oral & Maxillofacial Surgery

POSTOPERATIVE INSTRUCTIONS

- Bite firmly on the gauze pack that has been placed until you arrive home, then gently remove it.
- Some oozing of blood is normal from the area of surgery and may persist for 24-48 hours.
- Do not replace the gauze pack unless the bleeding is heavy. Replacing gauze repeatedly can trigger bleeding by pulling the clot out.
- **DO NOT DRINK FROM A STRAW OR SPIT FOR 24 HRS**, since this will promote bleeding.
- Drink large volumes of fluids to keep yourself hydrated and swallow normally.
- Start using the prescribed antibiotic and pain medication soon after the surgery. Some discomfort is normal.
- Do not drive or drink alcohol if you take the prescribed medications.
- If nausea, vomiting rash or hives occurs, discontinue all medications and contact the office.
- **DO NOT RINSE YOUR MOUTH OR BRUSH YOUR TEETH UNTIL THE FOLLOWING MORNING; THEN**
- Brush your teeth gently avoiding the area of surgery.
- Rinse with prescription mouth rinse 2 times a day for 1 week.
- Swelling after surgery is normal and can last up to 6 days. Applying ice pack over the area of surgery for 20 minutes on and 20 minutes off for the first day can help minimize the discomfort.
- You may experience some mild bruising in the area of the surgery or at the IV site. This is normal and will disappear in 7 to 14 days.
- After surgery you may experience jaw muscle stiffness and limited mouth opening. This is normal and should resolve in 5 to 10 days.

Movements like talking and chewing will help.

- Stitches are usually dissolvable and will fall out on their own within 7 to 10 days.
- Do not apply any pressure with your finger or tongue to the grafted area.
- Do not pull your lip back to look at the sutures as this may cause damage.
- If you are taking birth control and were prescribed antibiotics, please inform the doctor or staff as it may interfere with its effectiveness.

DIET

- **1st Day:** Mostly Cold Liquid Diet (e.g.: Ice Cream, Milk Shakes, Jellos, Puddings)
- **2nd day onwards for 10 days:** Soft foods, (e.g.: Noodles, Fish, Boneless Chicken, Mashed Vegetables) Then return to normal diet.

AVOID

- Hard and crunchy foods for 2 weeks (e.g.: Nuts, Chips, Pretzels, Seeds, Popcorn, Hard Candy)
- All non prescription mouthwashes for 1 week.
- After surgery, avoid smoking for as long as possible but no less than 7 days. Smoking increases chances of dry socket by 10 fold.
- Avoid strenuous activity for 24-48 hours after surgery.

CALL THE OFFICE 301-924-2155, IF YOU EXPERIENCE:

- Excessive discomfort not controlled by the pain medication.
- Bleeding that is not controlled by the gauze or tea bag.
- Increased swelling or fever above 101 degrees after the fourth day.
- Any questions related to the surgery.

www.olneyoralfacialsurgery.com

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