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*Post Operative Instructions*

All patients undergoing IV anesthesia should have a responsible adult to attend to their needs, for the remainder of the day following your surgery. **The patient should not drive for 24 hours after IV anesthesia.**

**BLEEDING:** Bleeding follows any surgery and should not alarm you unless it is excessive or persistent. Bleeding can usually be controlled by **placing a firm roll of gauze directly over the area and closing the mouth firmly to exert continuous pressure for 30 minutes to 1 hour.** Replace gauze until bleeding has ceased. Be sure to wash hands thoroughly before and after placing gauze. Gauze should be removed prior to eating and/or drinking and replaced with new gauze when finished. Some bleeding is to be expected up to 48 hours after surgery. If the bleeding continues, place a water-moistened tea bag directly over the surgery site and bite firmly for 30 minutes. It is not unusual for your saliva to be slightly blood-tinged for several days following surgery.

**NAUSEA AND VOMITING:** This is not unusual following sedation and oral surgery. It is usually caused by a combination of the medications that are used for sedation, the narcotic in the pain medication, or any swallowed blood following your procedure. Please call the office if vomiting is persistent.

**PAIN:** A certain amount of discomfort is to be expected. This varies with the amount of surgery required. The pain is usually controlled efficiently by the pain medication that has been prescribed. As soon as liquids are tolerated, take the medication as prescribed. If antibiotic is prescribed, please take as directed and take the entire amount prescribed.

**SWELLING AND DISCOLORATION:** This is part of the healing process and varies depending on the amount of surgery performed. We recommend that you place **an ice pack** to your face for the remainder of the day and to continue it for **the first 48 hours (20 minutes on and 10 minutes off).** The earlier this is started the more effective it will be. **Swelling usually reaches its peak 48-hours after surgery. After the 48-hour period, a moist heating pad/cloth** may be applied for the relief of swelling, stiffness, or any discoloration **(20 minutes on and 10 minutes off).** It is helpful to keep the head elevated on several pillows the first night following surgery.

**MEDICATIONS:** **Do not take any medication on an empty stomach.** If you experience any problems with your medications, such as diarrhea, skin rash, itching, etc. **STOP** the medication and call the office.

**DIET:** For your own comfort a **liquid diet should be maintained for two hours after surgery** and soft foods for the remainder of the day. **Recommended foods:** soup broths, instant potatoes, applesauce, puddings, Jell-O, ice cream, Popsicles, Italian ice, sorbets, pastas, instant cereals such as oatmeal, malt-o-meal or cream-of-wheat. For the first 24 hours after surgery, **DO NOT use a straw** and **avoid** foods such as **nuts, rice or popcorn**, which may get lodged in the surgical site(s). **Do not drink carbonated beverages for the first 48 hours (unless instructed to do so).**

**RINSE:** **Do not rinse you mouth for 24 hours following your oral surgery.** After 24 hours, rinse your mouth gently with warm salt water (1/2 teaspoon of salt to 8-oz glass of warm water). Gently soak the surgical site(s) 3-4 times a day and continue for the first week. You may start brushing your teeth 24 hours after surgery as usual, avoiding the surgery site(s).

**DO NOT suck through a straw, spit, smoke, or rinse your mouth for the first 24 hours.**

This could dislodge the blood clot and delay the healing process.

**If questions should arise after reviewing this sheet, please do not hesitate to call our office at 281-338-7700.**