

Proper home care of the wound is very important for proper healing. Patient may not operate heavy machinery for the next 24 hours if they received sedation or general anesthesia for the procedure.

PLEASE FOLLOW ALL INSTRUCTIONS LISTED BELOW:

GAUZE

Continue biting on the gauze packs that are in place over the surgical sites for **at least 1 hour after surgery**. You may keep the gauze in your mouth for up to 4 hours. You will continue to ooze for 24-48 hours from the surgical sites, this is normal. If this is bothersome, place gauze under tap water and squeeze out, then replace into your mouth.

ICE

Apply some ice cubes or frozen peas (wrapped in a towel) to the outside of the face over the operated areas as soon as you are at home, 15 minutes on, 15 minutes off, for up to 24 hours. Do not use ice after the first 24 hours.

BLEEDING

Light bleeding for the first 24-48 hours after surgery is normal. In case of heavy or extended bleeding, bite on a black tea bag for 1 hour. Repeat with fresh tea bags if necessary. If heavy bleeding continues, call the office for directions. **If bleeding is extreme and causes lightheadedness or fainting, go to your nearest emergency department.**

SWELLING

It is common for swelling to increase in the first 3 days after your surgery. Swelling can last up to 2 weeks – this is normal. It is normal to have brief numbness to part of the tongue, cheek, jaw and lip areas. It is normal to have limitations in jaw opening for the first week or two after the surgery.

POPSICLES

Popsicles should be eaten 3-4 hours **after** your surgery once you remove gauze and numbness has started to wear off. Gently chew the Popsicle and allow the slush to remain in the back of the mouth or near the surgical sites. About 6-10 popsicles should be eaten.

MEDICATION

After eating your popsicles, take 1 ibuprofen that we prescribed. Take the ibuprofen at least twice a day for the first 3 days to help with swelling and pain. Take the narcotic pain medication only if the pain is not controlled with the ibuprofen, and alternate every 3 hours.. You should stop taking the narcotic first.

Take all antibiotics until they are gone.

MOUTH RINSE

You may start brushing your teeth the day after surgery. Gently rinse your mouth out after brushing your teeth, but do not spit out the water. Rather, allow the water to dribble out and dry your mouth with a towel.

You will be sent home with an irrigating syringe. Do not use this for the first four days after surgery. When you start using it, fill it with warmed salt water (not hot), and GENTLY rinse out the back areas where the teeth were removed. Do not use any irrigating syringe if you have received bone graft.

SUTURES (stitches)

If sutures are used, they absorb and will disappear on their own in approximately 7-14 days. At times the suture will dissolve at the knot, leaving a string. This string can be gently removed with finger pressure or by trimming the string. Please do not pull at them. If they are overly bothersome, you can return to the clinic to have them removed.

DIET

Good nutrition is essential for proper healing after surgery. Make sure to eat, this is important with the healing process. For the first day or so after surgery, stick to soups and softer foods, then you can advance to more regular foods as feels good to you.

SMOKING

NO SMOKING for at least 5 days after surgery.

CALL OUR OFFICE AT 805-692-8500 10 days AFTER SURGERY TO FOLLOW-UP