



POST-OP INSTRUCTIONS-EXTRACTIONS

You have just undergone a surgical procedure. During this time, homecare is very important. Recovery may be delayed if neglected. Please observe the following instructions. Post this on your refrigerator for referral!

Day of surgery

1. Bleeding:

- a) Common during the first 24 hours.
- b) Bite on gauze with firm pressure for the first 3 hours.
- c) Change gauze only if saturated or if you drink fluids. If you run out of gauze, substitute with warm moist tea bags.
- d) If active bleeding persists after 3 hours, place a moist tea bag over the extraction site and firmly bite down for another 30 minutes. If bleeding remains uncontrolled, call our office.

2. Swelling:

- a) Peaks between the second and fourth day after surgery and may continue up to 4 weeks.
- b) Apply ice packs to the outside of your face, 20 minutes on and 20 minutes off. Do not use longer than 24 hours. Thereafter, apply a warm towel to your face throughout the day and night for the next week.
- c) Keep your head elevated on 2 pillows or rest on a recliner.

3. Diet:

- a) Do not eat anything for 3 hours after surgery. You may drink fluids only if needed but replace your gauze immediately. Avoid hot fluids/foods the remainder of the day.
- b) A soft diet is recommended for one week. This may include iced teas, casseroles, boiled veggies and meats, Jello-O, yogurt, protein shakes and plenty of water to prevent dehydration. **DO NOT SKIP MEALS.**

4. Pain:

- a) Numbness following surgery is normal for the first day or two.
- b) Take your prescribed pain medications. If your discomfort is not well controlled, please call our office. An alternative pain medication can be called in.

DAYS 2-5

1. Continue with a soft diet and fluid intake

2. Hygiene:

- a) Rinse mouth gently after each meal using ½ tsp. salt in 1 glass of water. Continue rinses until your next appointment.
- b) **BRUSH YOUR TEETH REGULARLY**, including the teeth adjacent to the wound. If uncomfortable, use a baby toothbrush.

3. Swelling:

- a. Apply a warm moist towel to the outside of your face at least 5 times daily, and massage jaw area.
- b. Keep your head elevated on 2 pillows when sleeping.

4. Discomfort:

- a) Muscle soreness and/or limited openings are normal following any procedure in the mouth. To help alleviate this, gently massage jaw under a warm shower. This will help you loosen the muscles and assist in easing the discomfort.

AVOID THE FOLLOWING:

1. STRAWS
2. **SMOKING: This will delay healing and increase the pain.**
3. Hard foods that require extensive chewing
4. Mouth rinses such as Scope, Listerine, and peroxide

If you have any questions or concerns after hours please call our office at 210-444-9312 and follow the instructions.

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