



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 and schedule your post-op appointment with our office. 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, **changing gauze out every 45 -60 minutes.**
 - c) Change gauze when saturated & remove before eating or drinking. 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 45 -60 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 for the first 2 days. 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, mashed potatoes, steamed veggies and boiled meats, Jello-O, yogurt, protein shakes and plenty of water to prevent dehydration. **DO NOT SKIP MEALS AND STAY HYDRATED!!**
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 1 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. Continue applying ice packs for 1-2 day. By day 3 apply moist heat, and gently massage jaw area.
 - b. Keep your head elevated on 2 pillows when sleeping.
4. **Discomfort:**
 - a) Muscle soreness and/or limited opening is 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.
 - b) By day 3 apply a warm moist towel or heating pad to the outside of your face at least 5 times daily for discomfort until follow up appointment.

AVOID THE FOLLOWING:

1. **DO NOT USE A WATER PIK OR ANY MECHANICAL IRRIGATING DEVICE!**
 2. **SMOKING: This will delay healing and increase the pain.**
 3. Hard foods that require extensive chewing.
 4. Do Not Use 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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