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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