



UNIVERSITY ORAL & FACIAL SURGERY, P.C

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POST-Operative Instructions for Intraoral Surgery

- If the patient was sedated for surgery, someone must drive them home and a responsible adult must stay with them the remainder of the day.
- Pressure must remain on the gauze packs for about two (2) hours. This means you should **remove your gauze at _____am/pm**. When you remove the gauze, the patient may start drinking liquids and may continue with their medications. Drinking at least eight (8) ounces of liquid is recommended before taking any medications.
- No vigorous oral rinsing, spitting, or use of a straw the rest of the day of surgery since this may increase the chances for bleeding.
- Tobacco products should be avoided for several days after surgery to decrease the chances of infection and slow healing.
- Take all medications as prescribed and do not take them on an empty stomach. **Do not mix medications with alcoholic beverages.**
- Apply an ice pack for the first twenty-four (24) hours after surgery. A zip-lock bag filled with a few ice cubes and wrapped in a hand cloth works well. After twenty-four (24) hours, you may apply moist heat to help decrease stiffness/soreness in the jaw and face.
- A small amount of bleeding is not unusual for up to two (2) days after surgery. If persistent bleeding of any amount occurs, place a moistened tea bag or folded piece of gauze at the bleeding site and apply firm pressure for twenty to thirty (20-30) minutes. **If the bleeding persists, please call the office at 205-556-2323 for assistance.**
- The day after the surgery you may begin oral rinses with warm salt water (1/4-1/2 teaspoon of salt in a glass of warm water) three to four (3-4) times a day. The doctor may have also recommended a certain mouthwash that can be used as well. You may also begin brushing your teeth gently the day after surgery.
- If the patient is having a throbbing or aching pain three (3) days after surgery, please call the office so that the appropriate instructions can be given. This pain may indicate that the patient has a dry socket if the teeth were extracted or may indicate other problems.
- Some swelling is anticipated after certain types of oral surgery and this usually peaks about thirty-six (36) hours after surgery. Normally the swelling should start to resolve or go away at that point.
- Remember that while taking any narcotic pain reliever or other medication that may make you sleepy, you should avoid driving a vehicle, operating heavy machinery, or use of fire arms. **This is extremely important.**
- Other Instructions: _____