



SAN GABRIEL
ORAL & MAXILLOFACIAL
SURGERY ASSOCIATES, P.A.

Please note that effects of oral surgery vary per individual and treatment rendered. Not all of the following instructions may apply to you. Common sense will often dictate post-operative care. Should any doubt or questions arise, please call our office for clarification.

After Surgery:

Bite down on the gauze firmly enough to put pressure on the area to help stop bleeding until you arrive at home. Pick up all prescriptions that were called into the pharmacy. Do not leave patient at home unattended to go pick up prescriptions; drive-thru is highly recommended.

After you get home you can gently remove and throw out the gauze. Do not spit for 3 days following your procedure. It is important to eat something cold and soft as soon as you are able (examples are given on the back of this page) before taking your pain medication to avoid nausea. Do not use a straw for at least 3 days following your procedure. At this time you can place new gauze at the site(s) for 1 hour. Keep your head propped up for the remainder of the day. You can begin icing for 30 minutes on and 30 minutes off as much as possible for 48 hours after surgery. If prescribed or able, alternate Ibuprofen or Aspirin with your pain medication, following the dose instructions on the bottle label.

Gauze: After 1 hour has passed gently throw them away. If persistent bleeding is occurring, place new gauze over the surgical site every 60 minutes until bleeding is reduced. Make sure the gauze is exerting pressure on the site and has not moved. Should bleeding be persistent the use of tea bag can be utilized. Soak the tea bag in warm water, squeeze dry, wrap in a single piece of gauze and place at site for 60 minutes. If bleeding remains uncontrolled, please call our office.

Hygiene: Begin your normal hygiene routine the night of surgery, remembering to not spit for 3 days by gently letting out of your mouth over the sink. Begin mouth rinse night of surgery. Do not brush vigorously. Avoid use of a Waterpik near the surgical site. If you use an electric tooth brush you can turn it off and use manually when near the site(s). It is normal to not be able to open your mouth as wide as you normally can. If this happens you can purchase a small, soft toothbrush so that you are able to maintain proper hygiene. If you were not prescribed an oral mouth rinse you can do salt water rinses. Use ¼ teaspoon of salt dissolved in an 8-ounce glass of warm water. Gently swish for 5 minutes until you use the entire glassful. Remember not to spit and gently let out of your mouth over the sink.

Nausea: It is not uncommon after surgery to feel queasy. Eat food before taking pain medication. Eat small, frequent meals throughout the day. It is important to never skip meals. Keep up with clear fluids. Classic Coca-Cola, Ginger Ale, peppermint tea, and fresh air can help. If nausea is persistent, please call our office.

Important Information:

- Avoid hot foods or liquids the first day of surgery to eliminate the possibility of burning your mouth and/or accelerating bleeding
- Avoid nuts, seeds, rice, or foods that can get lodged in the surgical site(s)
- Swelling can peak 3-4 days following your procedure.
- Sutures that dissolve can fall out and is normal
- Exercise should be avoided for 3 days. After this time period if bleeding, pain or swelling is still present do not begin exercise.
- Do not use straws or spit for 3 days
- Do not smoke for 1 week
- Avoid caffeine, carbonated drinks, and alcohol
- Avoid spicy or acidic foods that can irritate the site(s)
- Sharp edges near surgical site(s) can occur. These are bony walls that support the teeth. If you experience discomfort, please call the office.

Recommended Foods

Cold:

Ice cream
Smoothie
Protein drinks
Pudding
Yogurt
Banana
Avocado
Cottage cheese
Oatmeal
Jell-O
Hummus
Applesauce
Popsicles
Milkshakes

Warm: (once numbness and bleeding has decreased)

Soup
Mashed potatoes
Stuffing
Meatloaf
Pureed vegetables
Pasta
Chicken
Salmon
Scrambled eggs

Additional Instructions: (if needed staff will fill out)