

POST-OPERATIVE TREATMENT



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THINGS TO EXPECT:

- Swelling:** This is normal following a surgical procedure in the mouth. It should reach its maximum in 24 to 48 hours and begin to diminish by the fourth post-operative day.
- Discomfort:** Discomfort will occur after your surgery. You will be prescribed medication to assist in controlling your post-operative discomfort. The most discomfort you will experience will likely be during the period when sensation returns to your mouth.
- Hemorrhage:** Bleeding or “oozing” for the first 12 to 24 hours is to be expected.

THINGS TO DO:

- Bleeding:** Bite on the gauze placed in your mouth at the end of the procedure for at least one hour changing it every 20 to 30 minutes. **DO NOT** use gauze for more than one and a half hours total.
- Swelling:** Swelling is normally in proportion to the extent of the surgical procedure. This swelling may be minimized by the immediate use of ice or cold packs. Apply ice to the involved side of the face. Place pack on face for fifteen minutes and then remove for fifteen minutes. Continue for up to 24 hours as needed. Prolonged use of ice is of no value.
- Diet:** After waiting one hour, one should be able to take fluids by mouth. A liquid or soft diet may be necessary for the first two days. This would include soups, soft drinks, mashed potatoes, soft scrambled eggs, mac and cheese, etc. An adequate fluid intake of at least two quarts (eight cups) a day is essential.
- Medications:** **Take all medications as directed.** This is essential. The medications are prescribed principally to control pain and prevent infection.
- Mouth Rinse:** **DO NOT rinse on the day of surgery!** After the first day, rinsing the mouth with the Peridex following meals is advisable. This will speed the healing process by maintaining a clean wound.
- Avoid:** **NO Smoking, Spitting, Straws or Alcohol for one week.** This helps the healing process. If you participate in any of these, it could contribute to prolonged discomfort and/or healing.