

Name: \_\_\_\_\_

PRESS OPTION 2 TO PAGE DR. FISH

Date: \_\_\_\_\_

PRESS OPTION 3 TO PAGE DR. SARHANGIAN

Time: \_\_\_\_\_

**LESLIE R. FISH, D.D.S.**  
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**Oral and Maxillofacial Surgery**

**POSTOPERATIVE INSTRUCTIONS**

**Bleeding** is normal after surgery. Bleeding is best controlled by the use of pressure. Pressure can be applied by using moistened gauze or a moistened black tea bag placed directly over the surgical site(s). Maintain pressure with either a finger or by biting continuously for 30 minutes. Repeat until the bleeding is under control. A small amount of oozing may occur for several hours or even a few days after surgery and should not be alarming. The head should be elevated approximately 30° when lying down.

**Swelling** is a normal event after oral surgery. Apply ice on the face over the surgical area as soon as possible. Swelling generally increases over the first 48 hours. In order to limit the total extent of swelling, ice should be continued for 48 hours. 20 minutes on and 20 minutes off is a good rule of thumb. No ice is to be applied after the first 48 hours.

**After 48 hours**, heat should be applied to the face whenever possible to hasten the resolution of swelling. Heat should be continued as long as swelling remains. Moist heat (warm washcloths) is most effective.

**Physical exertion or exercise** should be avoided during the first 5-7 days as this may result in increased bleeding. After the first 24 hours, exercise of the jaw will reduce muscle tightness. It is normal for your jaw to feel tight when you try to open after surgery.

**Medications** should be taken in accordance with the instructions on the bottle(s). Unless otherwise contraindicated, Tylenol, Ibuprofen, or Aspirin may be taken in reduce the total number of prescription narcotics. Narcotics may cause nausea in some patients. Eat before taking pain medication(s). If a rash, itching, nausea, vomiting, fainting or a temperature over 102° occurs, all medications should be discontinued and the doctor notified immediately. Your first dose of antibiotic should be taken at \_\_\_am/pm. Antibiotics can potentially decrease the effectiveness of birth control pills for an entire cycle. Your first dose of pain medication should be taken at \_\_\_am/pm.

**Diet** during the first 48 hours should be limited to a liquid or soft, cold diet (pudding, Jell-O, ice cream, yogurt). It is important to have at least 2 quarts of water each day to avoid dehydration. After the first 24 hours, you may increase your diet according to what you can tolerate. If chewing is difficult, nutritional drinks (Ensure, Boost, etc) are excellent supplements.

- For 4 days avoid:**
- Straws
  - Smoking
  - Commercial Mouth Washes
  - Carbonated beverages
  - Alcohol

**Rinse mouth** *gently* 3-4 times daily after 24 hours. The best rinse is made by adding a ½ teaspoon of salt to an 8 oz. glass of warm water.

**Brushing and flossing teeth** should be resumed after 24 hours to keep the mouth clean. A clean mouth heals more rapidly with fewer complications.

**If your procedure was performed under general anesthesia or intravenous sedation,** you should avoid driving or operating machinery for at least 24 hours. Patients taking narcotic pain medication should not drive or operate machinery for 24 hours after the last dose of pain medication.

**Careful attention to and compliance with postoperative instructions** will add to your comfort and hasten your recovery. If you have any questions at any time, the doctor can be contacted 24 hours a day, 7 days a week, through the emergency number at the top of the front side of this instruction sheet.

Special instructions: \_\_\_\_\_

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