



POST-OPERATIVE INSTRUCTIONS

**** Please follow these general guidelines for a smooth recovery ****

- Keep your tongue away from the surgical site. Forces from your tongue will loosen sutures, and trap food into the surgical site and open your wound.
- Very gentle mouth rinses with salt water (make your own – 1 teaspoon of salt mixed into 1 cup of luke warm water) starting before bedtime following oral surgery, four (4) times a day. **Forceful mouth swishing will disrupt the healing process in the surgical site, and lead to discomfort.** Avoid Listerine, peroxide, and Scope products during your early recovery. Do not use any syringes or waterpiks during the first week of recovery. Brush your teeth normal, avoid the surgical site.
- It is best not to talk, and have very limited jaw movement following your procedure for the first two (2) hours. **AVOID CHEWING ON THE GAUZE.**
- Use ice/cold packs to the face during your first twenty-four (24) hours of recovery only, then warm moist heat for the remainder of your recovery days. Both of these should be done fifteen (15) minutes on, then fifteen (15) minutes off.
- Soft nutritious food, such as scrambled eggs, cooked potatoes, baked fish, smoothies (**yes, you may use a straw**) and yogurt are recommended following your procedure. Remember to keep your food down the center of your mouth, and avoid trapping any food in your surgical sites. Absolutely NO soup.
- Stretch your mouth open every hour during your first week of recovery to reduce any facial stiffness.
- You may be prescribed pain medication following your procedure. An alternative is to take one (1) 500 mg Tylenol (acetaminophen), and two (2) 200 mg Advil (ibuprofen) tablets every four hours. Please ask your doctor for additional recommendations.
- Usually day three and four is the time period you may experience some facial swelling. Continue with warm moist heat facial massages, mouth opening stretches, and get up to move around with daily activities.
- Change gauze every 15-20 minutes for the first 3-4 hours or until bleeding subsides. Remove gauze while eating or sleeping.