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## POSTOPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY

### GENERAL

1. Maintain pressure over the surgical sites with gauze placed at the time of surgery for 45 minutes. If bleeding continues, replace with fresh gauze over surgical sites and keep pressure for an additional 30-45 minutes until bleeding has stopped. You may also use a slightly moistened tea bag (tea contains tannic acid which is a natural blood clotting agent).
2. **DO NOT SMOKE** for a full 72 hours, as nicotine stimulates continued oozing and slows the healing process significantly.
3. Facial swelling may be a normal part of extensive oral surgery. Maintain the use of ice compresses to the outer side of the face rotating 15 minutes on and 15 minutes off for a total period of three hours following surgery. Ice is no longer effective after the first day. Swelling will reach its maximum extent in 24-48 hours and with the application of heat, in the form of a heating pad or a warm moist cloth, should resolve in 2-4 days.
4. Do not rinse the mouth for the first 24 hours. Afterwards, use very warm, slightly salted (1/4 teaspoon salt per 8 oz water) mouth soaks (**DO NOT SWISH**) every hour, or every 2 hours until normal healing has occurred.
5. Maintain a soft to moderate diet for the initial 48-72 hours. Avoid the use of drinking straws during this period.
6. Avoid vigorous forms of exercise for the next 48-72 hours. When resting or sleeping, use 2 pillows to elevate the head.

### HYGIENE

1. The day following the surgery, gently brush all teeth not near the surgical sites at least once a day.

### MEDICATIONS

1. Be certain to take any and all medications prescribed by Dr. Fatima Robertson. If prescribed pain medication, remember they must be taken in a consistent manner to avoid low blood levels of pain reliever.
2. Do **NOT** drink alcoholic beverages while on pain relief medication.