Reconstructive Oral & Maxillofacial Surgery, P.A.

Post-Operative Instructions

*Fill prescriptions shortly after leaving our office.

**To stop bleeding:** Patient must apply gentle pressure for at least 1 hour. You may replace gauzes before the hour if needed. Continue applying gentle pressure for at least 30 minutes or until bleeding stops.

**Replacing gauzes:** Before placing fresh gauzes make sure they are moistened with tap water. (Do not use dry gauzes).

**Ice Packs:** Use for the first 3 days: Apply to cheeks on and off every 15-20 minutes.

**Moist heat:** On the 4th day, stop Ice packs and start moist heat to cheeks on and off every 15-20 minutes till follow-up appointment.

If an immediate denture was placed, it must be left in for at least 48-hours (except to rinse)

- **DO NOT USE ANY TYPE OF ADHESIVE.**
- **DO NOT** use straws or spit for the first 24-hours after surgery.
- **DO NOT** smoke for at least 1 week following surgery.

**Diet:** Patient may only eat cool and soft foods for the first 24 hours after surgery. Do not eat hot, hard, or spicy foods. After the 1st day patient may eat soft foods, such as mashed potatoes, spaghetti, soup, macaroni, etc. Continue on soft diet till follow up in 1 week.

**Medication:**

As soon as patient gets home:

Patient should take the pain medications before anesthesia wears off. These medications must be taken with cool and soft foods. Continue to take medicine as directed.

**Perigard rinse:** Start 24 hours after surgery. Rinse gently twice a day till follow-up appt. then ask your doctor if you should continue rinses.

**Syringe:** 3rd day after surgery: Do warm salt-water rinses using syringe. Do rinses after every meal, till follow up appointment, then ask doctor if you need to continue the rinses? (¼ tsp salt to 8-ounces water)

**Brushing:** 24 hours following surgery, and once numbness is gone, you may gently brush teeth.

**In Case of Emergency** please calls (956) 664-1695. Do not hesitate to call if you need help.