

North Denver Oral & Maxillofacial Surgery
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Surgery Aftercare Instructions

IV sedation

- If you had sedation, a responsible adult should stay at home with you the rest of the day
- Do NOT drive a vehicle or operate heavy machinery for at least 24 hours after anesthesia or while you are taking narcotic pain medications

Discomfort

- Take narcotic pain medications as prescribed by the doctor
- You may also take Ibuprofen (Advil) 600mg by mouth every 6 hours for minor discomfort
- If severe pain persists, contact the office as further treatment may be necessary

Swelling

- Do not be alarmed, swelling is NORMAL
- Peak swelling occurs within 48 hours
- There may also be some bruising along the neck and cheek areas
- Discomfort and swelling may be alleviated by placing ice in a suitable container and applying it to the affected area for 20 minutes at a time up to the first 36 hours

Antibiotics

- Take antibiotics as prescribed by the doctor and finish them
- If you experience generalized itching, rash, swelling, difficulty breathing or swallowing, STOP taking the medication and contact the office immediately

Bleeding

- Minor bleeding may persist for up to 24 hours following surgery
- Do NOT spit, drink through a straw, or rinse forcefully for 24 hours
- After the 24 hour period, you may rinse with salt water ($\frac{1}{2}$ teaspoon of salt in 8 ounces of warm water)
- If bleeding continues, place a moistened gauze over the surgical site and bite firmly for at least 30 minutes (repeat as necessary)
- Alternatively, place a moistened tea bag wrapped in gauze over the surgical site and bite firmly

Diet

- Avoid smoking and drinking alcoholic beverages for at least 24 hours after surgery
- Avoid carbonated beverages and hot liquids (coffee, tea) on the day of surgery
- Avoid nuts, chips, and hard crunchy foods
- Drink plenty of fluids and stay hydrated
- Stay on a soft chew diet for the first week and gradually resume a regular diet

Oral Hygiene

- Good hygiene is essential to healing
- Do NOT spit for the first 24 hours after surgery as this may dislodge the blood clot and cause bleeding
- Gently brush your teeth and surgical sites after 24 hours
- Rinse with warm salt water after every meal starting 24 hours after surgery

If you experience any problems after hours or on weekends, please contact the surgeon on call