



**Titsinides Savvas**

Oral Medicine-Oral Surgery Specialist

## **Postoperative Instructions**

Care of your mouth after surgery has an important effect on healing. Swelling, discomfort and restricted jaw function are expected and should not cause alarm. These may be minimized by following the instructions below. Please read them carefully. It is strongly urged that they be followed.

### **Bleeding**

Remove the gauze pack(s) from your mouth after one hour. Do not rinse, spit, use straws, smoke, or brush your teeth for the first 24 hours! Spitting or sucking causes bleeding to continue. Slight bleeding is expected for the first day. If bleeding is excessive, place a folded gauze pad over the wound and bite firmly for 30 minutes with constant pressure. Assume a semi-upright position using a couple of pillows during sleep on the first night post-surgery.

### **Painkillers and antibiotics**

Take your medications as directed by the Doctor. Ideally, take the painkiller as soon as possible so that it works before the local anesthesia applied during the operation is eliminated. In case of antibiotics administration it is necessary to take it according to the recommended dosage and without skipping a dose. If you develop hives or a rash, discontinue all medications and contact our Office. Also, in case of wound infection including increased pain and swelling after 3 days, redness, warmth, drainage of pus, foul smell and fever, please contact the soonest with the Doctor.

### **Swelling**

Apply an ice pack — 5 minutes on and 60 minutes off — on the skin around the wound immediately upon returning home and change it frequently. Continue this on and off for the next 5 – 8 hours. Peak swelling is expected between the second and third day postoperatively and diminish slowly thereafter.

### **Oral Hygiene**

The day following surgery, the mouth may be rinsed gently with a saltwater solution or antiseptic mouthwash after each meal and at bedtime. The teeth should be brushed, but avoid the site(s) of surgery.

### **Smoking**

Smoking can cause bleeding and delay healing. Smokers are advised not to smoke for 7 days following surgery.

### **Diet**

It is recommended to avoid chewing in the area of the operation and to follow a soft diet, rich in vitamins and proteins for the next few days. Increase fluid intake. Your diet will gradually return to normal after a few days.



**Titsinides Savvas**

Oral Medicine-Oral Surgery Specialist

**Intense activity avoidance**

Avoid overexertion and get adequate rest. Avoiding sports, exercise and strenuous activity for at least 2–3 days is generally recommended.

**Dental Care**

It is usually best to avoid routine or elective dental care for approximately 2 weeks after surgery unless your Doctor has advised otherwise.

**Post-Op Visits**

If you have been given an appointment for post-operative care, please return to the Office as scheduled. If you are experiencing problems or have questions, we can arrange a post-operative visit on short notice.

**Stitches**

Stitches are usually placed in the area of surgery to minimize post-operative bleeding and accelerate healing. These stitches will be removed in Office after 10 – 14 days, a brief procedure with no discomfort. Sometimes they become dislodged, but this is no cause for alarm. Just remove the suture from your mouth and discard it. In selected cases, absorbable stitches may be placed which fall off after about 20 days on their own.