

SURGICAL POST-OP INSTRUCTIONS

Postoperative care is important following oral surgery, and recovery may be delayed if this is neglected.

Some swelling, stiffness, and discomfort are to be expected after surgery. If this is excessive, please call or return for care. Swelling reaches its maximum 48-72 hours after surgery. Swelling and discoloration are normal body reactions. They can be controlled with ice packs and medication, but may last several days.

Bleeding can be expected up to 24 hours. Much of what appears to be bleeding is merely saliva from the glands of the mouth. Bleeding is best controlled by gauze pads with biting pressure. If bleeding seems heavy, lie with your head elevated and apply ice pack over the treated area. Avoid covering the nose or eyes.

A fever (under 101 degrees) is not unusual. Your body is mobilizing to prevent infection and begin the healing process.

THE DAY OF PROCEDURE

- Bleeding...** Keep gauze pack in place for one hour with constant, firm pressure.
If bleeding persists, repeat this procedure.
Keep head elevated and rest quietly.
Use ice bag, if so directed. Ice may be applied to area for several minutes, then removed.
Repeat as needed.
Some oozing of blood and discoloration of saliva is to be expected.
- Pain...** If needed, take prescribed tablets for pain. Prescription pain meds often induce drowsiness. We, therefore, do not want you to drink alcohol, to drive, or operate any power equipment while under the influence of these agents.
- Diet...** Liquids and soft foods only. Drink a lot of fluids. (Do not use a straw).
- AVOID...** Sucking, rinsing mouth, frequent spitting, smoking, or exercising for 12 hours.
Use caution when blowing your nose for the next 24 hours.

FROM SECOND DAY UNTIL HEALING IS COMPLETE:

- After meals, gently brush teeth and rinse with warm salt water.
- Diet may be soft to regular, as tolerated.
- Continue as needed with tablets for pain.

If emergency care is necessary, call:

Dr. Steckelberg at 489-7800 during office hours.

After hours and on weekends, call the office for the on-call dentist's phone number.