

## Lakewood Oral and Maxillofacial Surgery Specialists

### After Care Instructions For Oral Surgery Patients

Following oral surgery procedures, we recommend a soft food diet upon arriving home. **A soft food diet includes: toast, pasta, macaroni, mashed potatoes, oatmeal, ice cream, pancakes, eggs and shakes.** Adequate nutrition is essential to normal healing, therefore, appropriate hydration and nutrition is encouraged. Please avoid the use of carbonated beverages and straws for 5-7 days following your procedure. If you smoke, please refrain from cigarette/cigar smoking for as long as possible as smoking increases the likelihood of delayed healing (dry sockets), pain, sinus issues, infection and implant/graft failure.

**Salt water rinses may accelerate healing and clean oral surgical sites.** Simply mix a teaspoon of table salt with 8 ounces of warm water and rinse for 30 seconds. Continue oral salt water rinses for 1 week or as directed by your doctor. You may brush your teeth the day after surgery. Please make sure to brush only your teeth and not your gums or the actual surgical site, especially for bone grafting and dental implant procedures. Refrain from using water picks, tooth picks and hydrogen peroxide to clean surgical sites as the above may lead to delayed healing and implant/bone graft failure.

**Bleeding, bruising and swelling are NORMAL EVENTS in the healing process and ARE TO BE EXPECTED following surgery.** **Bleeding** typically subsides within 24 hours after the procedure and is typically well controlled by biting on a piece of gauze or a warm wet tea bag. Gauze should be changed every 30-40 minutes, taken out when eating and drinking and can be removed when the area is hemostatic. **Bruising** may occur several days after the procedure and will resolve within 7 to 14 days. **Swelling** is a natural component of the healing process and typically peaks 72-96 hours after surgery. Swelling can be decreased with the use of ice packs and Ibuprofen/Naproxen (Advil, Motrin, Aleve). Swelling may cause limited movement and/or decreased opening of your mouth, this is a normal phenomenon. If swelling and/or limited opening continues after 7 days, please call our office for further instructions.

**Nausea and vomiting** may occur after surgery. It is most frequently associated with taking your pain medication on an empty stomach. If nausea and vomiting occur, discontinue your pain medication and take Ibuprofen/Naproxen (Advil, Motrin, Aleve) for your pain control. If the nausea continues, please call our office for further instructions.

**Sutures** are placed in order to close small incisions inside of your mouth. Sutures typically dissolve between 2 and 10 days depending on the type of sutures placed. If a suture loosens or comes out, there is no need to panic as the surgical site will heal fine. Sutures are typically not replaced unless they are used to close a large space.

**Antibiotics** may be prescribed depending on the procedure performed. Antibiotics should be discontinued immediately and our office contacted should a rash occur after the administration of antibiotics. Should any life threatening swelling develop after the administration of antibiotics, please proceed directly to the hospital. Please note that antibiotics may interfere with oral contraceptives (birth control).

**Please remember, Dr. Haggerty is available in the case of emergency by calling our normal office phone number after hours (816-554-8300).**