



POSTOPERATIVE INSTRUCTIONS AFTER ORAL SURGERY

Guidelines to Help Promote Healing and Prevent Complications

- While your mouth is numb, be careful not to bite your cheek, lip, or tongue.
- If your surgeon has left a gauze pack on the surgery site, leave it in for 30-45 minutes. Keep firm pressure on the site. **Do not** chew on the packing. **Do not** sleep with any gauze/packings/objects in your mouth.
- Starting the day after surgery, you can use the prescribed mouth rinse and/or salt water rinses. Rinse gently three times a day, after every meal. Do not use any other mouthwash (unless prescribed). Listerine is okay.
- **Avoid** any foods/drinks too hot or too cold for the next **72 hours**.
- If a **bone graft/implant/jaw surgery** was performed, then remain on a soft no-chew diet for **six weeks**. Avoid hard foods/candies.
- Take medication **as prescribed**. If the pain medication is not working, do not double/increase the dosage. Instead, contact the office. If you were prescribed antibiotics, take them until you finish. If you develop diarrhea, let your oral surgeon know immediately.

➤ For the Next Week:

- **NO** smoking, nicotine, alcohol, or spitting.
- Sleep with your head elevated & refrain from strenuous physical activities the first week.
- **DO NOT** brush or manipulate the tissues around the sites. Keep good oral hygiene by brushing and flossing. Use a Q-tip to gently clean the surgery site, if necessary.
- Drink plenty of fluids and stay hydrated, especially if you fasted for your surgery. Eat soft, nutritional foods such as eggs, potatoes, yogurts, protein/ supplemental shakes. Advance your diet back to normal after a week, as you can tolerate it, unless your surgeon wants to keep you on a different diet regimen.

➤ For Swelling:

Apply ice for 20 minutes at a time (20 minutes on, 20 minutes off) to the area of the face/cheek where the procedure was performed for the next three days when swelling will be most prominent. Use ice packs or a frozen bag of peas.

➤ For Stitches:

If stitches/sutures were placed, they will most likely fall out on their own in about a week, unless told otherwise. If they do not fall out, the doctor will remove them during your follow-up appointment.

➤ For Heavy Bleeding:

Place gauze (or a moist black tea bag) over the surgery site. Apply firm pressure for one hour without talking/chewing. After repeating this two times, if the bleeding has not stopped, please contact the office **immediately**.

If you have prolonged or severe pain, swelling, bleeding, fever, nausea, vomiting, chest pain, shortness of breath, or other concerning symptoms, please go to the nearest Emergency Room.



Dangers Associated with Opioid and Benzodiazepine Prescriptions

Many people suffer from pain. These patients deserve safe and effective pain management. Prescription opioids can help manage some types of pain in the short term. However, there are serious risks of opioid use disorder and overdose, particularly with high dose, long term use, and co-prescribing a benzodiazepine with an opioid. Opioids are a broad group of pain-relieving drugs. Opioids will muffle your perception of pain and make you feel pleasure. They can also make you sleepy and slow your breathing. It's a helpful, dangerous, and highly addictive combination. Common opioids include Codeine, Hydrocodone, Morphine, and Oxycodone. A large number of overdoses involving opioids also involve benzodiazepines. It's a sedative commonly prescribed for anxiety or to help with insomnia. Common benzodiazepines are Valium, Xanax and Klonopin. Both prescription opioids and benzodiazepines carry a black box warning label highlighting the danger of using these drugs together. Taking both medications together greatly increases the risk of death. Please inform your doctor about all of the drugs and medications you are using. It's for your safety.

Before starting opioids to treat pain you should consider:

- Learn about prescription opioids and use the lowest dose possible**
- Avoid taking opioids and benzodiazepines concurrently**
- Evaluate benefits and harms of opioid medications**
- Consider other ways to manage pain that do not include opioids**
- Substitute with medications such as acetaminophen and ibuprofen**
- Educate yourself by reading the Center for Disease Control Guidelines**

Otherwise, please feel free to call the office at **301-982-4555** with any questions. After-hours, an oral surgeon can be reached at **301-665-7775**. Leave a message and the doctor will get back to you as soon as they can.

➤ Alternative Food Suggestions:

AVOID:

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| * Beef, steak | * Candy | * Most fast food |
| * Corn on the cob | * Bacon | * Nuts/pretzels |
| * Cold cereal | * Hard Bread | * Pizza |
| * Vegetable salads | * Raw Fruit/Apples | * Steak, ribs |
| * Popcorn | | * Chewing gum |

EAT:

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| * creamed corn | * Beans/rice, mashed | * Ice cream/sorbet |
| * Shaved beef | * Apple sauce | * Noodles |
| * Oatmeal, cream of wheat | * Yogurt | |
| * Creamed soups/broth (not too hot) | * Pudding | |
| * Mashed potatoes | * Macaroni and cheese | |
| * Mashed steamed vegetables | * Mashed bananas | |
| * Meat loaf like meats | | |
| * Fish | | |