

POST-OPERATIVE INSTRUCTIONS

- 1. DO NOT SMOKE** for at least 48 hours.
- 2. DO NOT DRINK ALCOHOLIC BEVERAGES** for at least 48 hours, or while taking any prescribed medications.
- 3. DO NOT RINSE YOUR MOUTH WITH A “SWISHING ACTION”** rinse passively by rolling your head from side to side.
- 4. DO NOT SPIT!!!** Simply let the fluid drop from your mouth into a sink, and then wipe your mouth dry.
- 5. DO NOT SUCK ON ANYTHING** (i.e., straws)
6. Remove gauze pack one hour after surgery.
7. Your saliva will be the color of blood for about 24 hours. **THIS IS NORMAL**

BLEEDING

Some oozing of blood is normal for the first 12-24 hours. If bleeding continues, place a moist tea bag over the wound and bite to hold pressure for 30 minutes. Call Dr. Brooksby, if the bleeding persists.

PAIN

In case of pain, take the prescribed medication as directed. **Do not** take more than directed. Should the pain continue take three (3) Extra Strength Tylenol and three (3) Advil or two(2) Aleve every four hours as needed. **DO NOT** place **ANY** medication directly on any area of the mouth, unless told to do so by Dr. Brooksby

SWELLING

To minimize any swelling that may occur, apply ice packs to the side of the face nearest the surgery site for 10 minute intervals (10 minutes on and 10 minutes off), for the first 24 hours following the surgery. After the first 24 hours, apply warm moist heat.

DIET

Drink plenty of water and fruit juices (i.e., approximately 1 gallon every 24 hours) It may be uncomfortable to eat, but healing will be much quicker as you return to your normal chewing patterns. If you find it difficult to eat normally, during the first few hours, a high protein drink, such as Carnation Instant Breakfast or Ensure will help provide your body the nutrients necessary for proper healing.

ORAL HYGIENE

Brush and floss your teeth as normal. In the area of surgery you must be gentle, but it is essential that you keep that area as clean as possible.

In case of problems, or if you have questions, please call Dr. Brooksby's Cell at 274-6700.

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