

Instructions Following Oral Surgery

Surgery requires careful attention to the care of the wounds in order to ensure a minimum of post-operative after effects.

1. DO NOT DISTURB THE WOUND WITH THE TONGUE OR FINGER.

Bite on the gauze pack for one hour without changing it. Be sure to remove gauze out of the mouth before eating and sleeping.

2. BLEEDING

Some bleeding and oozing is normal and can be expected, in minor amounts, for the first 24 hours. You may also experience blood in the nostril of the treated side. This may be a gently cleaned with a moist tissue.

To avoid excessive, bleeding, bite down firmly on the gauze pack as directed. Pressure relieves bleeding.

Should excessive or continued bleeding occur, replace the gauze, and firmly bite on it for another hour.

DO NOT SMOKE, RINSE, SPIT, OR USE A STRAW FOR AT LEAST 24 HOURS.

3. PAIN

You will be given a prescription for medication to control discomfort. Use as directed.

4. SWELLING

Some swelling can occur during the first 24 to 48 hours. To help minimize this, an ice pack may be placed over the cheek for 30 minutes on and 15 minutes off during the first 24 hours while awake. Make sure while off to refreeze in freezer. After 48 hours, warm, moist packs may help resolve any swelling.

5. DIET

Unless otherwise instructed a soft food diet with a large fluid intake is recommended for the first 48 hours. After that, and normal diet may resume as tolerated.

6. HYGIENE

After 24 hours, warm gentle salt water rinses may be used. Brushing and flossing may then be resumed after 48 hours, avoiding surgical areas.

7. SINUS PRECAUTIONS

DO NOT BLOW YOUR NOSE FOR ONE WEEK. It is okay to use a tissue or gauze to clean, but do not blow.

If you have to sneeze, do so with your mouth open. This will help relieve sinus pressure

8. ACCESSORY MEDICATIONS

Please take Sudafed for one week and use **Afrin Nasal Spray** on the side of the surgery for one week.

**** Please do not to hesitate to call if any questions arise which you consider important. ****

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