

## Post-Operative Instructions Following Oral Surgery

It is normal to have pain, swelling, and minimal amounts of bleeding following surgery.

**Pain:** Analgesics (pain killers) are needed for after surgery in order to help with pain control. Take them as directed. If your pain is not controlled after taking two doses, please contact your oral surgeon.

**Swelling:** Surgical edema (swelling) will reach its maximum 48 hours after the surgery. Placing a bag of ice or a frozen bag of vegetables on the area for twenty minute cycles will help to minimize the swelling. Repeat this as often as possible throughout the first 48 hours following surgery. The swelling should begin to dissipate within 7-10 days; however, the application of warm compresses starting on the third day following surgery should expedite this.

**Diet:** It is important to have soft foods and cool drinks for the first day. Do not use a straw on the day of surgery, or for two days following surgery. Starting the second day postoperatively, hot food/drinks can be taken, but it is advisable to stay on a soft diet until jaw function has returned to normal.

**Bleeding:** Minimal amounts of oozing are expected for the first 12-24 hours following the surgery. To control this, bite down on the gauze that was provided or a moistened black tea bag for 30 minutes for up to an hour. Repeat this if necessary. If the bleeding is excessive or cannot be controlled, contact your oral surgeon.

**Rinsing:** Avoid rinsing in the area for the first 24 hours following surgery. Warm salt-water rinses can be started after the initial 24 hours, complete this after every meal. Use the mouthwash twice a day after brushing your teeth. Avoid touching the area with your fingers as this can increase infection risks.

**Smoking/Vaping/Alcohol:** Smoking, vaping and/or drinking is not advised postoperatively for a minimum of 48 hours. Nicotine in any form can interfere with the healing process and increase the risk of infection.