



ASSOCIATED  
ORAL & MAXILLOFACIAL  
SURGEONS

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## **Post-Op Care for Hospital Surgery**

### **Activity**

For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated.

### **Fainting Precaution**

If you suddenly sit or stand from a lying position you may become dizzy, especially if you have not eaten or have had limited fluids. Therefore, make sure to sit upright for one full minute before standing immediately following surgery.

### **Pain**

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication. Take the narcotic medication and 400mg (2 tablets / 200mg each) of Ibuprofen together every 4-6 hours as needed for pain. While taking a narcotic pain medication you may not drive or operate mechanical machinery. The prescribed pain medication will make you drowsy. Once you feel like you can stop the narcotic, use Ibuprofen and Tylenol together as needed. All medication should NOT exceed the recommended dosage. Discomfort should subside daily. If not, please call our office.

### **Bleeding**

Bleeding after surgery may continue for several hours. The best way to stop bleeding is to fold 2 pieces of **damp** gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. ( **over** )

## **Swelling**

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days.

Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

## **Diet**

After general anesthesia or I.V. sedation, start with liquids. While numb, patients should avoid hot liquids or foods. Patients may have applesauce, pudding, or jello. Once the numbness wears off, patients can progress to solid foods. Be sure to chew away from the surgical sites. Patients should avoid foods like nuts, sunflower seeds, popcorn, chips, or foods that can get lodged in the surgical areas.

## **Add Bland Soft Foods When Numbness is Gone**

Mashed Potatoes

Pasta

Eggs

Pancakes

Creamed Cereals

Soups (be careful – not too hot)

**AVOID carbonated beverages and hot liquids for 48 hours**

**Increase Diet as Tolerated Unless Given Instructions to Stay on Soft Foods**

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