

Oral & Maxillofacial Surgeons of Houston

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POST OPERATIVE INSTRUCTIONS

1. Patients who will undergo I.V. anesthesia should be accompanied by a responsible person to **stay in the reception area during surgery** and to remain with the patient for at least four to six hours after leaving the office. The patient is not permitted to drive on the day of surgery. Driving and normal activity may be resumed the next day, unless otherwise instructed by the doctor.
2. **PAIN** - A certain amount of discomfort is to be expected. You will be provided with a prescription for pain medication and antibiotics if necessary. Follow directions carefully. **NO ALCOHOL is permitted while taking medications and be sure to take food with medications. Be sure to finish the antibiotic prescription.**
3. **BLEEDING** - Bleeding follows any surgery and should not alarm you unless it is excessive or persistent. **REMOVE GAUZE FROM MOUTH 1 HOUR AFTER SURGERY. No further gauze is required.** If bleeding persists, place a moist, caffeinated teabag directly over the bleeding area and exert continuous pressure for 30 minutes by closing firmly together. This procedure may be repeated 2 more times. If bleeding persists, call the office.
4. **SWELLING AND DISCOLORATION** - These are part of the healing process and unless extreme, are of no particular importance. Place an icebag on your face for the first 24 hours following surgery (30 minutes on and 10 minutes off). The earlier this is started, the more effective it will be. **Swelling is usually the greatest 48 to 72 hours following surgery.** It is helpful to keep the head elevated on two pillows the first night of surgery. Apply external heat after the third recovery day.
5. **DIET** - **For your own comfort, cool liquids and soft food should be taken for the first 24 hours following surgery.** After this, resume your regular diet. Some food examples:

Instant Breakfast	Yogurt	Ice Cream	Milkshakes	Bananas	Baby foods
Pudding	Jell-O	Custards	Soft Cheese	Apple sauce	Gelatin
Mashed Potatoes	Soft Noodles	Macaroni & Cheese	Soup, at room temperature		

avoid very spicy or greasy food for 5-7 days following surgery
6. **Do not drink from a straw.** Drink all liquids from a glass. If there is any drainage from the surgery site, swallow it. *****Do not rinse your mouth until the following day as all of these could dislodge the blood clot and retard healing.**
7. **NO SMOKING** - On the day of surgery.
8. The morning following surgery, rinse your mouth gently with warm salt water using 1/2 tsp. to an 8 oz. glass of warm water. Repeat this 3 - 4 times a day for 7 days. **Do not use mouthwash as this could irritate the area. Brush your teeth as usual.**
9. If the patient complains of aching or throbbing pain 3-5 days after surgery, this may be an indication of a dry socket, and the patient should be seen in the office.
10. **Do not eat peanuts, popcorn, chips, nuts or berries for 2 weeks following surgery.** This allows for the surgical area to heal properly and prevents food getting trapped in the sockets.
11. **Call this office regarding any complications or questions.** Do not call your physician or regular dentist.

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