

**ORAL AND MAXILLOFACIAL SURGERY
POST-OP INSTRUCTIONS**

- 1) Refrain from strenuous physical activity.
- 2) Clear liquids tonight, then advance to a soft diet tomorrow.
- 3) Gauze packs with continuous firm pressure over surgical sites until bleeding completely stops.
- 4) No rinsing or expectorating (spitting) for 24-hrs.
- 5) No alcohol, tobacco, or mouthwash for at least 72-hrs.
- 6) Do not create a suction in your mouth (ie. with a straw)
- 7) Saline rinses (1-tsp in 8-oz) at least 3x per day, beginning tomorrow.
- 8) Oral hygiene as directed (you may brush your teeth)
- 9) Ice to effected side of face x 12h, then discontinue.
- 10) Elevate head to 30 degrees
- 11) Apply Vaseline to lips to keep moist
- 12) Take medications as directed; be aware that pain medication may make you drowsy, precluding driving, operating dangerous machinery, or participating in activities requiring full concentration.
- 13) Contact the Oral Surgery Clinic (423-7085) or the Hospital Emergency Room after duty hours. **ASK FOR THE ORAL SURGEON ON CALL** for:
 - Fever greater than 101.5° F.
 - Increased facial swelling past the fourth postop day
 - Excessive bleeding past the first postop day
 - Purulent (pus) drainage
 - Severe pain, despite taking pain medication
 - Difficulty in swallowing and/or breathing
- 14) If you have any questions whatsoever, do not hesitate to call the O.S. Office (757) 877-9235.