

ORAL SURGERY POST-OPERATIVE INSTRUCTIONS.

DAY OF SURGERY:

Take the patient home and elevate his/her head on one or two pillows.

Keep the patient on cold, clear liquid diet, i.e., Tea, Gatorade, Water, Kool-Aid or Jell-O.

They may have milkshakes, yogurt, ice cream or cold puddings four to six hours after surgery.

DO NOT GIVE WARM OR HOT FOODS!!!!!! Cold foods will help decrease the bleeding; warm or hot foods will cause bleeding to increase.

Use ice packs on the surgery sites, rotating them every fifteen minutes, until the patient retires for the night.

Change the gauze every thirty or forty minutes as needed; the bleeding should decrease as the day goes on. Fold the gauze into a small square, place over the surgery sites and have the patient bite down firmly to hold in place. Remove the gauze when you eat or drink anything. When you are through, place new gauze back on the surgery site. Remove the gauze when the bleeding stops. If the bleeding does not slow down after several hours, dampen a regular size tea bag, place over the site that is bleeding and bite down firmly for thirty minutes. Remove the tea bag and the bleeding should have slowed.

*** NO CARBONATED BEVERAGES**

*** NO DRINKING THROUGH A STRAW**

*** NO RINSING or SPITTING FOR 24 HOURS FOLLOWING THE SURGERY**

*** NO SMOKING or DIPPING FOR 3 DAYS FOLLOWING SURGERY**

These could cause prolonged bleeding, delayed healing or a dry socket.

Take your prescriptions as directed on the bottles. Be sure that the patient has something (tea, Jell-O, or Gatorade) in their stomach before taking any medications. Take two Advil with the prescribed pain medication. If Advil alone controls the pain you may take two Advil every four hours during the day and three capsules before bedtime. Advil, taken consistently over three or four days following surgery, will help decrease inflammation and discomfort. Dr. Roan will give you a prescription for Periogard that you will start using the night of surgery. (Gently tilt your head back and forth and then let it fall out of your mouth, DON'T spit it out) Rinse one time before going to bed. Continue using the Periogard as prescribed on the label.

If you have problems such as persistent throbbing that is not relieved by pain medication, uncontrolled bleeding, or nausea and vomiting, please call the office. If it is after office hours call (229) 244-2730 and ask them to page Dr. Roan.

DAY AFTER SURGERY:

Patient may have soft foods, warm or cold, such as mashed potatoes, soft scrambled eggs, grits, ect. Increase diet daily as tolerated. Use warm salt-water rinses (one-half teaspoon salt in eight ounces of warm water) after each meal until we see you postoperatively in a week.