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Oral and Maxillofacial Surgery  
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Upon returning home:

**THE PATIENT SHOULD HAVE ASSISTANCE FOR THE FIRST HOUR RETURNING HOME.**  
**(THIS INCLUDES WALKING AND USING THE RESTROOM)**

1. **REMOVE GAUZE.**
2. **HAVE A CARBONATED DRINK AND FOOD.**
3. **TAKE MEDICATION AS DIRECTED.**
4. **PAIN AND SWELLING** – A certain amount of pain or discomfort following surgery is not uncommon. If you have been given a prescription, use as directed. Be sure to eat before taking any medications to avoid irritations to the stomach from the medicine. To help minimize ordinary immediate swelling following the surgery, apply an ice pack to the face over the area of surgery (45 minutes on – 45 minutes off) FOR THE FIRST 48 HOURS ONLY. If pain or swelling occurs after the wound has apparently healed, return for an examination.
5. **BLEEDING** – A certain amount of bleeding is to be expected following the surgery. Blood tinted saliva may be seen for up to 36 hours following oral surgery. If bleeding occurs after you return home, first remove all loose blood clots with a dry gauze. Then place several dry gauze pads, as instructed in the office, or a moistened tea bag DIRECTLY OVER THE BLEEDING SOCKET for at least 30 minutes and hold it in place with biting pressure. DO NOT SPIT. Forceful spitting and excessive physical activity such as bending over and picking up objects tends to increase and prolong bleeding. Any accumulation of saliva or small amounts of blood may GENTLY be wiped away from the corners of the mouth rather than spitting. It may be necessary to repeat the gauze pressure packs until all the bleeding is controlled.
6. **MEDICATIONS** – Medications, other than those prescribed for pain as noted above, may also be recommended for particular patients or following special procedures. Any of these medications should be taken EXACTLY as directed by the doctor. CAUTION – Anesthetic drugs and gases may remain in the body for up to 24 hours or longer. Patients receiving medications or drugs of this kind that alter the senses should NOT drive or operate machinery for 24 hours. Also, strong pain medication prescribed for after surgery that contain narcotics may also affect one's ability to drive or operate machinery. Should any undue reactions or complications arise, notify the office immediately.
7. **DO NOT DISTURB THE BLOOD CLOT** – Its grayish or yellowish appearance and slight odor do not indicate an infected condition. Keep fingers, toothpicks, or other matter that may cause infection out of the mouth.  
  
\*\*\*\*\***DO NOT DRINK THROUGH A STRAW AND NO SMOKING FOR 2 TO 3 DAYS FOLLOWING SURGERY**\*\*\*\*\*
8. **DRY SOCKET** – If you experience jaw pain that radiates to your ear or down your jaw this may be a dry socket. This situation usually occurs three to ten days after surgery. Please call if you experience these symptoms. To help prevent dry sockets, begin gently salt water or diluted mouth wash rinses the day after surgery. Clove oil or over-the-counter toothache liquid may help.
9. **DIET** – It is important to maintain good diet. A liquid to soft diet is advisable for the first day or so. You should drink plenty of fluids (**no straws**) and other foods, such as: juices, soups, broths, eggnog, instant breakfast, applesauce, puddings, soft boiled eggs or baby foods. You may purchase full liquid diets at any pharmacy if so desired or recommended by your doctor.
10. **BONE FRAGMENT** – During the healing process, small sharp fragments of bone may loosen and work through the gum. These fragments which are not roots, usually work out on their own. If they are causing problems, call the office.
11. **TREATMENTS** – Return to the office for postoperative treatment if so instructed.
12. **UNUSUAL COMPLICATIONS** – If extreme swelling, temperature over 101 degrees or excessive bleeding occurs, call the office for instructions. If the office is closed, call the emergency number on our answering machine.

**NEXT APPOINTMENT** \_\_\_\_\_