



Richmond Oral and Maxillofacial Surgery, LLC  
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## POST-OPERATIVE INSTRUCTIONS

**Your next commitment is:**

Day	Date	Time
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Now that your oral surgery is completed, please follow these procedures to make yourself more comfortable, promote healing, and help prevent any possible complications.

**Right now:** Make sure the gauze packing remains in place by biting down firmly for 1 hour, allowing time for a clot to form at the extraction or surgical site. Replace with fresh gauze as needed until the bleeding has subsided. Remove the gauze when you eat or drink something, then replace with the new gauze. It is normal to have a slight seepage of blood for the initial 24 hour period.

**As soon as you get home:** Approximately 1 ½ hour after the surgery, have something to drink and eat. Approximately 15 minutes later, take the prescribed pain medication before the numbness wears off. Remember to eat 15 minutes before taking each dose of the pain medication, each time you take it.

Prepare an ice bag, or plastic baggie with crushed ice. Wrap a soft dry cloth around it, to prevent skin damage. Apply the ice bag to your cheek or jaw, keeping it on for 20-30 minutes on one side and then alternate to the other side and repeat for 24-48 hours. Keep head slightly elevated and continue cold packs in the morning if oozing continues. On the third day switch to using warm packs instead of cold packs.

**Tonight and tomorrow:** Have a light supper at the usual time, and eat foods that are soft. Examples: soup (lukewarm) dunk your crackers, yogurt, pudding, juices, mashed potatoes, scrambled eggs, pancakes, top ramen, pasta, mac & cheese, cream of wheat, bananas, etc. Don't skip meals.

Beginning tomorrow, rinse your mouth with warm salt water three or four times a day, using ½ to 1 tsp. of salt to dissolve in an 8 ounce glass of warm tap water. This serves to remove food and debris from the surgical area and helps prevent infection. Do not use mouthwash for 3 weeks following surgery, as it is too stringent on the healing tissue.

**Gentle tooth brushing:** (avoiding the surgical site) may also be started tomorrow and continued twice daily with your regular tooth paste and toothbrush. Cleanliness of the mouth is very important to promote healing.

Call (765) 439-4036 after hours