



East Hudson Oral & Maxillofacial Surgery

Dr. Douglas B. Smail

POSTOPERATIVE INSTRUCTIONS

MEDICATION / PAIN CONTROL

- You will experience some degree of discomfort after the local anesthetic wears off. Begin taking an over-the-counter pain medication (Ibuprofen/ Tylenol) once you arrive home.
- To prevent nausea, take these medications with food.

BLEEDING / SWELLING / NUMBNESS

- Bite on the gauze for 30-40 minutes, change the gauze or use a damp tea bag and bite down for an additional 30 minutes if heavy bleeding continues.
- Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.
- Swelling is the body's normal reaction to surgery and healing.
- The swelling may not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24-48 hours. After 48 hours, begin use of a warm, moist compress to the cheek.
- Numbness may last for several hours after you leave the office. Call the office if you still have numbness the next day.

ORAL HYGIENE

- **DO NOT RINSE, SPIT, SWISH OR DRINK FROM A STRAW** on the first day as this could disrupt the clot and delay the natural healing process
- Standards of good oral hygiene are critical to help prevent infection and ensure healing.
- Resume brushing your teeth the day after surgery using a soft toothbrush. You may gently brush around surgery sites after a few days.
- After 24 hours gently rinse with warm salt water or the prescription rinse provided.

ACTIVITY

- Rest and avoid strenuous activities for 2 to 3 days.
- **DO NOT DRIVE A CAR** or operate machinery for 24 hours if you had sedation.
- **DO NOT MAKE ANY CRITICAL DECISIONS** for 24 hours, if you had sedation.
- **DO NOT SMOKE.** Smokers experience more pain, slower healing and are at higher risk of dry socket.



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POSTOPERATIVE DIET

- Good nutrition is essential for good healing.
- *AVOID HARD, CRUNCHY FOODS* like popcorn, nuts, granola, chips, candy and raw vegetables for 1 week.
- Keep anything sharp like eating utensils and toothpicks away from the surgical site.
- **FIRST DAY – Cool, Soft Foods:**
 - Applesauce,
 - Pudding,
 - Yogurt,
 - Jell-O,
 - Cottage Cheese,
 - Ice cream,
 - Milkshakes,
 - Breakfast Drinks
- **SECOND AND FOLLOWING DAYS:**
 - Pasta,
 - Macaroni and Cheese,
 - Eggs,
 - Pancakes,
 - Mashed Potatoes
 - Soup,
 - Soft Cooked Vegetables
 - Chicken, Fish

If at any time you have questions, concerns, or feel that your healing phase is not meeting your expectations, please contact the office.