

William Clark D.D.S., M.D.

Brijesh Patel D.D.S., M.D.

Postoperative Instructions

Please return to the office on _____, _____ / _____ at _____ for postoperative follow up.

Gauze Packs- Please follow the postoperative instructions given to you by your nurse or doctor. The gauze packs should be applied over the surgical sites with firm pressure to control postoperative bleeding. Keep your head elevated and change the gauze every twenty minutes until the bleeding is controlled.

Mouthwash- Do not rinse your mouth today. Beginning tomorrow, you may rinse with diluted warm salt water or plain water. You should rinse two to four times a day for seven days.

Ice Bag- Apply an ice bag over the side of your face where surgery was performed to help reduce the postoperative swelling. The ice bags should be rotated, on the area for 20 minutes, off the area for 20 minutes. Ice bags should be used for the first 24-48 hours after surgery.

Pain and Swelling- The pain and swelling associated with surgery usually reach their peak on the second or third day. Take the pain medication as directed by your doctor. Pain medication can cause nausea. Please take your pain medication with a small amount of food to help reduce the chance of nausea. Use ice bags to help control the facial swelling for the first few days. Thereafter, placing moist heat over the area will help reduce any residual swelling or stiffness that may have occurred.

Bleeding- Minor postoperative bleeding is a normal part of surgery. There may be oozing from the surgical sites for the first few days. Placing gauze packs and applying pressure over the surgical sites will stop most bleeding. Make sure that the gauze is placed directly over the surgical area and bite together with firm pressure. You should check the gauze every 20-30 minutes to evaluate the bleeding. You may need to replace the gauze two or three times before the bleeding is controlled. If this does not stop the bleeding, then wrap a moist tea bag in gauze and place this over the surgical area and apply pressure. Keeping your head elevated and avoiding activities will also help. If these measures should fail, please do not hesitate to call the office or doctor.

Food and Liquids- The day of surgery you should eat only soft foods (i.e. scrambled eggs, pudding, ice cream, warm soup). You should avoid hot liquids. After the first day, please follow the instructions given to you by your doctor. Usually after the first day you can resume a normal diet. Drinking liquids is more important during the first few days after surgery than eating meals. If eating is difficult, please make sure you remain well hydrated.

Nausea- Nausea can occur after surgery. It is usually due to either blood being swallowed or the pain medication. Use gauze to control the bleeding, and eat a small amount of food before taking your pain medication.

Sutures- Sutures may be used to help the tissue heal. They will either dissolve or be removed at your postoperative visit.

Smoking- Please avoid smoking after surgery. Smoking will delay the healing process and increase the chance of developing a postoperative infection.

You may begin brushing your teeth the day following surgery. However, be very careful around the surgical site. Please avoid using a straw for the first 48 hours after surgery. Using a straw can dislodge the blood clot that forms within the surgical site.

If you have any questions or problems, please feel free to call the office at any time. We can be reached 24 hours a day at (805) 983-3131