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PATIENT INSTRUCTIONS FOLLOWING ORAL SURGERY

Some swelling, discomfort, and restricted jaw function may be anticipated following oral surgery and need not cause alarm. These effects may be minimized by following the postoperative instructions carefully.

IMMEDIATELY

1. Apply pressure to the surgery area. Close onto a rolled and folded gauze sponge for 1 hour. Avoid eating, drinking, and talking (as much as possible) for the first two or three hours.
2. Moderate seepage of blood is normal after surgery and may continue during the first day. Continue to apply gauze sponges with pressure over the area of surgery every 20-30 minutes until the oozing stops.

AS SOON AS POSSIBLE

1. Apply an ice pack intermittently to your face over the operated area for the first 24 hours (10-15 minutes on one site and then off that site for 10-15 minutes).
2. Take the medications as prescribed for you. *Note:* Narcotic analgesics may cause impairment of judgment. Do not operate a vehicle or machinery. Discontinue any medication that seems to be causing an allergic-type reaction and promptly CONTACT this office or your physician.

TODAY AND TOMORROW

1. Try not to miss a meal following surgery. Take additional fluids by mouth during the first 24 hours. Do not use a straw.
Cold foods may be helpful; ice cream, sherbet, ice chips, etc.
Avoid hot liquids and hard foods that may disturb the blood clot and produce hemorrhage.
2. Do not rinse your mouth today. Tomorrow, after bleeding has stopped, begin rinsing with warm salt water 4-6 times a day (1/4 teaspoon of salt in a glass of warm water).
Application of heat may be beneficial after the first 24 hours.
Except in the area of surgery, teeth should be brushed as usual.
3. Smoking interferes with the healing process — do not smoke following surgery.
4. Some patients who bruise easily may show some jaw or facial bruising.
5. Some temporary nausea may follow a general anesthetic.
6. Should any problems or questions arise, contact this office.