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## **Instructions for Home Care Following an Oral Surgery Procedure**

### **WHAT TO EXPECT:**

1. **Numbness:** After anesthetic has been used your lips, teeth, and tongue may be numb for several hours. Avoid chewing until the numbness has completely worn off.
2. **Swelling:** This is normal following a surgical procedure in the mouth. It should reach it's maximum in 12-24 hours and diminish by the 4<sup>th</sup> post-operative day.
3. **Discomfort:** The most discomfort you will experience is during the time when sensation returns to your mouth. It is possible to have some discomfort for several days following treatment especially when chewing.
4. **Hemorrhage:** Bleeding or oozing for the first 12-24 hours is expected.

### **THINGS TO DO:**

1. **Bleeding:** Bite on the sponges placed in your mouth at the end of the procedure for at least 1 hour. If bleeding is more than slight, follow these instructions: with gauze, remove all excess blood clot, place dampened gauze over the bleeding area only. Hold this pack in place firmly for 20 minutes, so that no blood escapes. Repeat this procedure as necessary. Call our office if the bleeding persists.
2. **Swelling:** The swelling that is normally expected is usually in proportion to the surgery involved. This swelling may be minimized by the immediate use of ice or cold packs. Apply ice to the side of the face over the operated site. Place pack on face for 15 minutes and then remove for 15 minutes. Continue for a few hours. Prolonged use of ice is of no value.
3. **Diet:** After waiting 2-3 hours, you should be able to take fluids by mouth. A liquid or soft diet may be necessary for the first 2 days. This would include soups, soft drinks, cereal, mashed potatoes, etc. An adequate fluid intake of at least 2 quarts a day is essential.
4. **Medications:** Take all medications as directed. This is very important. The medications are principally prescribed to control pain and to prevent infection.
5. **Chlorhexidine** is a mouth rinse with antibacterial properties. Swish with it the evening before your surgery and again in the morning

before coming to the office. Do not use Chlorhexidine again until 24 hours after surgery. Then rinse three a day for 14 days after surgery and then discontinue.

**THINGS NOT TO DO:**

1. Don't apply heat to the face at any time, this will increase swelling.
2. Avoid spitting and/or smoking for at least 24 hours. This creates negative pressure in your mouth and leads to additional bleeding.
3. Avoid strenuous physical activity for 24 hours as this can cause your blood pressure to rise and increase pain.