

## ROCKWALL ORAL & FACIAL SURGERY

2014 S. Goliad, Ste. 122 • Rockwall, TX 75087

Phone: 469-698-9800 • Fax: 469-698-9804

G. Kevin Pollock, DDS, MS

### PRE & POST-OPERATIVE INSTRUCTIONS - ORAL SURGERY

**Swelling:** Swelling is the body's normal response to surgery and the beginning of the healing process. It varies among individuals and according to different procedures. Swelling will increase over the first 48 hours and subside over the next few days. Apply cold packs (15 minutes on, 15 minutes off) for the first 36 hours while awake. After this time, you should apply moist heat compresses for the next 36 hours. Keep the head elevated for the the first 72 hours using pillows under the back and head while sleeping.

**Bleeding:** Minor bleeding or blood-tinged saliva may occur for the first 24 to 48 hours. Bite on gauze for 2 to 3 hours following the surgery. If heavy bleeding still occurs, either replace with new moist cold gauze or a moist tea bag and bite for an additional 1 to 2 hours. Do not drink through a straw, suck on candy, or smoke for at least 1 week following your surgery.

**Pain:** Medication has been prescribed according to your anticipated level of discomfort. Take pain medication before numbness from the local anesthesia is gone. Repeat as needed according to the schedule printed on the prescription bottle. Take the medication with a milk shake or other soft food to avoid nausea. Do not drive, operated hazardous machinery or drink alcohol while taking the pain medications. You may also take 2 Ibuprofen (Advil®) every 6 hours beginning the day before surgery and continue taking them along with your prescription medications after surgery.

**Rinsing:** You may drink but not rinse your mouth for the first 24 hours following surgery. After 24 hours, gently rinse your mouth with warm salt water (one teaspoon of salt in a glass of lukewarm water) 3 to 4 times daily. Continue rinsing until you return for your post-operative exam. You may gently brush your teeth the day after surgery, being careful in the area where the surgery was performed.

**Diet:** If your surgery is to be performed under an IV sedation, you should not eat or drink anything for at least 6 hours prior to the procedure. After your surgery, a soft or liquid diet is best for the first 48 hours. Cool foods such as milk shakes and lukewarm soups are best. Avoid hot or carbonated beverages for 48 hours.

**Sutures:** If sutures were places, they will dissolve on their own unless you were told that non-dissolving sutures were used. Sutures may loosen or come out prior to your next appointment.

**Medications:** In addition to medication for pain, you have also been given a prescription for an antibiotic. You should begin taking this antibiotic on the day prior to the procedure.

Be assured that our interest in your well being does not end with your surgery. If you have any questions or problems, please call us at the office number. Help will always be available. A post-operative appointment will be made for approximately one week after surgery, but we would be happy to see you sooner should the need arise.

**THE ABOVE INFORMATION HAS BEEN EXPLAINED TO THE PATIENT AND/OR GUARDIAN AND IS FULLY UNDERSTOOD.**

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
RELATIONSHIP

\_\_\_\_\_  
DATE

Phone number where you will be after surgery \_\_\_\_\_