



POST-OPERATIVE INSTRUCTIONS ORAL SURGERY

For the first 24 hours:

1. No smoking, alcoholic beverages, mouthwash, or carbonated beverages. Rinse your mouth with the prescription mouth rinse if prescribed.
2. Expect bleeding from the surgery site for several hours or even the following day. Replace the provided gauze as needed for a few hours.
3. Sleep with your head elevated for the first two nights following surgery. This helps reduce swelling.
4. Some pain and swelling may occur. Take prescriptions and pain relievers as needed and directed. If you were given an injection of steroids or received a bone graft, swelling may be delayed 2-3 days.

After the first 24 hours:

1. Gently rinse twice daily with the prescription mouthwash, if prescribed for you. As long as you have oozing, use the provided gauze as needed to keep pressure on the wound.
2. Eat nutritious foods and drink plenty of non-carbonated liquids. You will probably only feel like eating soft foods on the area for 2-3 days following surgery.
3. Stiffness in your jaw joint is common and should diminish in several days. Occasionally, there will be bruising that appears on the face from bleeding into the cheeks and chin. This will disappear in about a week.