



Postoperative Instructions for Patients Having Minor Oral Surgical Procedures

These instructions will help you to understand the expected post-operative condition and explain the recommended care while you are healing.

Diet

After oral surgery it is advised that you maintain a liquid and soft, non-chew, diet for the first 3 days. eat only on the side of your mouth opposite the surgical site. Do not use drinking straws as the suction created may disturb the surgical site.

Swelling

There may be some swelling of the surgical area and the adjacent facial tissues. The maximum swelling occurs during the first 24 hours after the procedure. It then starts to slowly recede over the next 5-7 days. To minimize the swelling, place ice packs over the affected area 10 minutes off and 10 minutes on for the rest of **the day. It is not necessary to sleep with the ice pack on. After the first 24 hours, it is not necessary to** continue the cold application.

It is also recommended that you elevate your head at night and sleep on a few extra pillows. This will **decrease some blood flow to your head and neck region and help to limit swelling.**

Postoperative Discomfort

Patients may experience discomfort in the surgical region after procedures. The pain medicine that was **recommended or prescribed should be started as soon as possible, before the local anesthetic wears off. This will allow time for the medicine to be absorbed from the GI tract into the blood stream. Please take** medicine as directed. If you feel the medicine is not working, please call your doctor for further advice.

Infection

After surgical procedures, there is always a chance that an infection might develop. This does not happen in most cases. After procedures that have higher incidence of postoperative infection, a prescription for **Antibiotics may be given. Please take the medicine as directed until it is finished. Women taking oral** contraceptives (birth control pills) please note: penicillin and penicillin-like drugs temporarily decreases the effectiveness of the birth control pills. Other methods of contraception are recommended while taking these antibiotics.

