



**WHITewater**  
ORAL SURGERY GROUP

## GENERAL POST-OPERATIVE INSTRUCTIONS

### **Pain and Control**

Ordinarily, the use of non-steroidal anti-inflammatory medication (Motrin®, Advil®, Aleve®, or ibuprofen) will adequately relieve pain when taken in doses of 2-3 tablets every 6 hours. Children should follow instructions for Children's Motrin®. If you have been given a prescription, have it filled and take as directed on the package.

### **Swelling Control**

Apply an ice pack to the jaw IMMEDIATELY upon your return home: 20 minutes on and 5 minutes off. Do this for 24-48 hours.

### **Diet**

A liquid-to-soft food diet (scrambled eggs, pancakes, milkshakes, oatmeal, etc.) is recommended for the first 2 days. Increase your fluid intake. Liquid nutritional supplements may be very helpful in maintaining your diet. Resume your normal diet as soon as possible.

### **Bleeding Control**

Remove the gauze pack upon arriving home. Slight bleeding is expected and desirable. If bleeding is excessive, place a roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with CONSTANT PRESSURE.

### **Nausea**

Take anti-nausea medication if prescribed to you. A small amount of carbonated drink (ginger ale) every hour for 5-6 hours will help alleviate nausea. Follow this with mild tea or clear soup, etc. If nausea continues, contact this office.

### **Oral Hygiene**

- Smokers are advised not to smoke for 1 week post-op.
- Warm salt water rinses can be started the following day (1 tsp of salt in a glass of warm water after each meal and at bedtime).
- Teeth should be brushed, but be sure to avoid the site of surgery for the first 2 days.
- If given an irrigating syringe, use it to irrigate the area starting 3 days after surgery.