



MAY & ROBERTS
ORAL & MAXILLOFACIAL SURGERY

POST OPERATIVE INSTRUCTIONS
for SURGERIES with LOCAL ANESTHESIA

1. The day of your surgery there are five keys to helping you be comfortable: (a) do not spit; (b) do not smoke; (c) do not drink carbonated beverages (cokes, beer, etc.); (d) do not use a straw; (e) do not rinse out your mouth, this includes brushing your teeth.

2. **BLEEDING:**

Leave the gauze in your mouth for one hour. If you are still bleeding, place a clean piece of gauze in your mouth for one hour. If you continue to bleed after two hours, bite down on a dampened tea bag for one hour. If the bleeding persists, place a dampened tea bag in the freezer for 15 minutes and bite on the cold tea bag. The key is to keep the gauze or tea bags in for one hour at a time. Look in the mouth for bleeding not at the gauze. If bleeding continues after using tea bags, please call the office.

You should expect to have a small amount of blood oozing in your mouth for the next two days. This should be blood-tinged saliva only..

3. **ICE:**

Keep ice packs on the cheeks for the next 48 hours.

4. **PAIN & SWELLING**

You can expect to have some amount of pain for the next several days. You may have a prescription to help with your discomfort. Do not take the pain medicine on an empty stomach. Your swelling will be at its maximum within 48 hours of your surgery. Your jaws will be sore and you may feel that you cannot open your mouth fully. This is normal. Keep your head elevated at a 30 degree angle.

5. **EATING:**

DO NOT EAT WITH GAUZE IN MOUTH!! Start with liquids such as milkshakes and advance to soft foods. Then, you may proceed to eat whatever you feel like eating. Remember do not use straws and do not drink carbonated beverages.

6.. **SUTURES:** If sutures were placed, they will dissolve on their own in 3 to 7 days.

7. **RETAINERS:** Orthodontic retainers or mouthpieces for sleep apnea or grinding may be worn as soon as is comfortable.

The day after your surgery, rinse your mouth with warm, salty water (1tsp of salt in 8oz water) upon awakening, after each meal and before bed. Do this for one week. Brush your teeth as usual back to the area of your extractions. This may start oozing, but will stop shortly. The cleaner you keep your mouth, the faster you will heal.

If you have questions or problems, please do not hesitate to call the office at any time.

The number is **601-932-3607**