

SURGICAL POST-OPERATIVE INSTRUCTIONS

REMEMBER: Most complications occur when patients fail to follow directions!

- DO NOT** spit forcefully
- DO NOT** swish vigorously
- DO NOT** drink through a straw
- DO NOT** use commercial mouthwash for 3 days
- DO NOT** drink alcohol for 4 days
- DO NOT** smoke for 7 days
- DO** limit you physical activity for 3 days

1. **BLEEDING:** Some bleeding is to be expected after surgery. Moistened gauze has been placed over the surgical site. Hold this under firm pressure for 1 hour by keeping your jaws together. Minor bleeding is normal in the first 24-48 hours. If bleeding seems excessive, please place the provided gauze (moistened) over surgical site and apply firm pressure for 30 minutes. If excessive bleeding persists, please contact our office for further evaluation.
2. **MEDICATION:** PAIN MEDICATION should be taken as prescribed. The first dose should be taken before the anesthesia starts to wear off. ANTIBIOTIC MEDICATION (if prescribed) should be taken as directed until gone.
3. **SWELLING:** Swelling (edema) is not unusual following surgery for the first 3 days. It may take a week or more to completely resolve. Swelling will also cause some restricted jaw opening (trismus) due to inflammation. For the first 24 hours, apply a cold pack and keep your head elevated to minimize swelling. After 24 hours, moist heat (heating pad, warm washcloth) may be applied to area.
4. **DIET:** A soft diet may be easier to tolerate for the first few days following surgery. Eat what is comfortable. Avoid hard, chunky foods (peanuts, chips, etc) that might get caught in the surgical site. Spicy, salty, and citric foods may cause increased discomfort and should be avoided. If you do not feel like eating, make sure that you take plenty of fluids over the first 48 hours.
5. **ORAL HYGIENE:** It is very important to keep your mouth clean following surgery to avoid further infection. Perform your usual brushing/cleaning routine in unaffected areas. After 24 hours, soak area with warm salt water (1/2 tsp salt in 6 oz warm water) by *gently* swishing liquid 2-3 times per day. Avoid harsh mouth washes or dental irrigation device (water picks, etc) until area has healed.
6. **RETURN:** If you develop excessive discomfort not relieved by medication, increased swelling after 3 days, or temperature greater than 101, please call the office as these are conditions we would like to follow-up with.

If you have any questions not answered by the above information or if something does not seem to be going quite right, please feel free to contact Dr. Beck at #(949) 396-3803.

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