

Interface

SURGERY CENTRE



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POST-OPERATIVE INSTRUCTIONS

Surgery of the oral cavity is similar to surgery elsewhere in the body and requires careful attention to post-operative instructions.

1. After leaving the office or hospital, go directly home and keep physical activities to a minimum for the remainder of the day.
2. Gauze will have been placed in your mouth before discharge and should remain there for approximately one hour. Gauze should be removed at this point and replaced only if there is active bleeding. Do not throw out any unused gauze as you may still require it at a later time. Do not sleep with gauze in your mouth as this could become a choking hazard.
3. If active bleeding is present, you should sit upright and apply gauze directly over the surgical site with firm biting pressure for 15 to 20 minutes. The gauze may be replaced as required, and if bleeding persists after 2 or 3 changes of gauze under pressure, please call our office for assistance.
4. It is normal for saliva to be slightly blood streaked for 1 to 2 days after surgery. Bruising of the skin may occur and will gradually resolve over time. Although no treatment is usually indicated, warm moist compresses may be helpful.
5. Local freezing administered to the surgical area can last up to 6 or more hours after surgery, depending on the procedure.
6. Nutrition should be started as soon as the gauze has been removed. Since freezing is usually still present, it is recommended that you start on liquids (juice, milkshakes and luke warm fluids) and smooth textured foods (pudding, yogurt, ice cream) as they are easily swallowed and help avoid accidental biting of the cheek, tongue or lip regions. Do not use a straw for the first 24 hours.
7. You should avoid hot liquids on the day of surgery.
8. Avoid alcoholic beverages for 2 days following surgery.
9. Once the freezing is no longer present, a soft diet is recommended for the next 3 to 5 days (pasta, eggs, mashed potatoes, etc.).

10. Crunchy or chewy foods should be avoided until the surgical sites are less tender and can be tolerated more comfortably.
11. Your surgeon may have placed stitches in the surgical areas. In most cases, these will dissolve 5 to 7 days following surgery.
12. If you have not received a prescription for pain medications, non-prescription Tylenol and/or Advil may be used if not medically contraindicated. You may have received a prescription to be filled at the pharmacy for an antibiotic, a pain medication and/or oral medicated rinse. It is important to complete the entire antibiotics course as prescribed to help prevent infections.
13. Post operative swelling can begin as early as the day of the surgery. Swelling often peaks about 48 to 72 hours following your procedure and will gradually resolve over the next 2 to 3 days. Ice packs are only recommended for the first 24 hours and should be started as soon as possible. Place the ice packs against your cheek for 15 minutes on and then 15 minutes off, repeating as often as possible until bedtime on the day of surgery.
14. **DO NOT SMOKE.** Smoking is associated with increased post operative pain and delayed healing of the surgical site.
15. Rinsing should be avoided on the day of surgery and is to be started the morning after surgery. It is recommended that you rinse with a warm salt water solution (1 cup of warm tap water with half a teaspoon of salt added) after meals and before bedtime for several days following surgery. You may also be given a prescription for a medicated oral rinse as well.
16. Gentle tooth brushing may resume the day after surgery, avoiding the surgical sites initially.
17. Ear pain, slight difficulty in swallowing and/or difficulty in opening your jaw completely are symptoms which may occur with varying frequency. If you had a general anesthetic, you may develop a sore throat. These findings are usually normal within the first week and resolve with time.
18. If you have received intravenous sedation or general anesthetic, you should not operate a vehicle or use hazardous machinery for 24 hours. A responsible adult must accompany you home and stay with you for the remainder of the day.

PLEASE DO NOT HESITATE TO CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS:

A SURGEON IS ON CALL EVENINGS, WEEKENDS AND ON HOLIDAYS BY CONTACTING:

TEL: 1-888-523-8333