



Hamilton Mill
Oral And Facial Surgery

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POST OP INSTRUCTIONS FOR SURGERY PATIENTS

- No spitting, sucking through a straw for the first 24 hours and no smoking/vaping for 1 week (Nicotine decreases blood vessel diameter and thus impairs blood flow to the surgical area, which delays healing. The heat from smoking destroys immature tissue, dissolves blood clots (dry socket), prolongs post-operative pain, and prolongs your recovery).

- **Pain:** Your mouth will be numb for up to 6 hours. When you get home take the prescription pain medication before the numbing medicine wears off. Remove the gauze pack, drink at least 8oz of water or fluid, take your medications and then replace the gauze pack as needed until bleeding stops. Pain medication is to be taken as needed for discomfort. Directions on how to take your medications:

- Antibiotics (your first dose will be due when you get home) unless stated otherwise. If you were prescribed an antibiotic, please finish the prescribed dosage.
- Narcotics (first dose will be due when you get home) and then every 6 hours.
- Anti-inflammatory medications (first dose will be due when you get home and then every 6 hours) unless stated otherwise.

Note: Narcotics and anti-inflammatory medications can be taken together because they work in conjunction.

- **Diet:** A non-chewable diet is recommended for 1 week to avoid inflammation and infection. It is also recommended to stay away from any seeds or small sediments. **KEYPOINTS:** First 24 hours: Cold, liquid diet. Warm, mushy diet after the first 24 hours.

- **Rinsing:** You may brush your teeth tomorrow, use care in the extraction(s) sites. Also, begin using gentle warm saltwater rinses (8 ounces water and 1 teaspoonful salt); this will help with healing and relieves soreness. Please avoid mouthwash.

- **Bleeding:** Post-operative bleeding can occur for up to two days after surgery, therefore we have supplied you with extra gauze to use as needed. Firm gentle pressure will help stop bleeding. Also, change your gauze every 20 minutes for 1 hour after you get home.

- **Swelling:** Ice will aid in reducing post-operative swelling that can occur in the first 24 hours. Remember to leave the icepack on for 15 to 20 minutes and then take a break for the same time. Swelling and stiffness may be relieved by warm, moist heat applied to the jaws starting on the 2nd day following the surgery. Sleep with your head elevated slightly above the heart (2-3 pillows or a recliner), this will help with the swelling.

- **Sutures:** Sutures may have been placed in the surgical area to help reposition the tissue, promote healing, and decrease post-operative bleeding. These sutures are dissolvable and will typically disappear 10 to 14 days following your surgery. Sutures may also cause a “drawing” or tight feeling in the area. This tight feeling is normal and will be relieved when the sutures release and dissolve.

- If it was necessary, a follow-up visit was scheduled so that the doctor can evaluate the surgical site(s).

- **Narcotics** (Codeine, Hydrocodone, Oxycodone, Lortab, Vicodin, Percocet, and Tylenol #3) may impair the mental/physical abilities required for the performance of potentially hazardous tasks (i.e., Driving, Operating Machinery). **Alcohol and CNS (central nervous system) depressants may produce an addictive CNS depression, when taken with narcotics and should be avoided.*

- Please take your pain medication before the anesthetic wears off. If you cannot get your prescriptions filled on time, take something over the counter as soon as you can.

-Please refrain from using any illicit or recreational drugs while using pain medication, these can affect the efficiency of your pain medication and your pain control after surgery. Also, understand that any use of these illicit or recreational drugs prior to surgery can also increase your tolerance to pain medication.