

Post-operative instructions

After a surgical procedure the following experiences are common and can be expected:

- Soreness or pain in the surgical area or jaw joint on either side of the mouth.
- Swelling and/or bruising
- Mild bleeding from the surgical site.

These experiences can be limited by following these instructions:

- **Ice**: Place an ice pack on the outside of face for 20 minutes and then take it off for 20 minutes. Do this as much as possible during the first 48 hours after procedure.
- **Bleeding**: It is normal to have oozing from the surgical area after the procedure for up to 24 hours, if bleeding persists, place steady pressure on the site with gauze or a damp paper towel for 20-30 minutes.
- **Pain management**: Take the prescriptions Dr. Richardson provided as directed. In **addition** to the prescription Advil/ibuprofen is recommended if you are able to take it. The recommended dose is to take 800mg three times a day. The Advil/ibuprofen is an anti-inflammatory and should be taken to reduce the swelling and bruising even if only mild discomfort occurs.
- **Activity**: Stay as inactive as possible the day of and the day after surgery. Staying inactive helps prevent a rise in blood pressure reducing bleeding risk.
- **Eating and drinking**: It is important to stay hydrated, non-carbonated beverages such as water or sports drinks are ideal. Soft food should be eaten for the first several days following surgery on the opposite side of the mouth if possible.
- **Rinsing**: Do not rinse with anything the day of surgery. The day after gently rinse with the provided rinse do not swish and spit vigorously. Warm salt water will also aid in healing. Do not use any over the counter rinses.
- **Brushing**: The day after the procedure you may brush gently avoiding the surgical area.
- **Sutures/dressing**: In some cases surgical dressing is applied and this can break off if this occurs simply throw it away and do not try to replace it. Sutures may become loose after a couple of days this is normal.

The best rule is to leave the surgical site alone as much as possible it will heal better. Please do not try to examine it or brush it as this can be detrimental to the healing. If concerns arise please call Dr. Richardson at the office during normal hours or after hours on his cell phone (352)514-7168.