

Oral & Maxillofacial Surgery
Robert. A. Petcash D.M.D., P.C.

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ORAL SURGERY POST OPERATIVE INSTRUCTIONS

1. Keep gauze packs in place for 30 minutes with moderate pressure. Then remove the gauze and **DO NOT** replace. You will notice seepage. This is normal following surgery. If excessive bleeding continues, replace with fresh gauze or a moistened teabag wrapped in gauze directly over the bleeding socket for an additional 30 minutes then remove.
2. Rest as much as possible. Lie down with your head elevated by one or two pillows with your head above your heart. Do not lay flat.
3. Avoid forceful spitting, because it prolongs bleedings. Wipe saliva from mouth with a tissue.
4. After 24 hours, you may gently rinse your mouth with warm salt water solution (1/2 teaspoon salt to an 8 oz. glass of water) 4 or 5 times a day for several days. Continue to brush your teeth as normal and avoid the surgical area.
5. To minimize swelling, apply an ice pack or cold towel to the outside of the surgical area - 20 minutes on and 20 minutes off - for the next 5 days.
6. Keep your lips moist with a cream or ointment to prevent them from drying or cracking.
7. It is important to maintain a balanced diet. You may eat anything that you can cut with a fork. Drink plenty of fluids (6-8 glasses per day). **NO STRAWS** for one week.
8. Do **NOT** drink alcoholic beverages on the day of surgery or while on pain medication. (after IV anesthesia or taking pain medication)
9. Take prescribed medications **ONLY** as directed by your doctor.
10. Refrain from smoking following surgery. (FOREVER!)
11. Do **NOT** operate any vehicle or hazardous device for 24 hours after IV anesthesia or taking pain medication
12. Orthodontic retainers may be worn as normal without interruption
13. You may notice the most discomfort and swelling 3 to 5 days after surgery.
14. Dr. Petcash can be reached 24 hours a day at 724-444-7770.

Thank you for letting us take care of you!