Williams and Williams Facial and Oral Surgery
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**POST OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY
This information is intended to help make your recovery go smoothly. Please read carefully.**

Numbness Your mouth may feel numb several hours after surgery. Please be very careful not to
bite or chew your tongue and cheeks. For the first 24 hours after surgery, eat soft foods that can be easily chewed and swallowed.

Medication **Antibiotic**: Start the day of procedure. **Pain medicine**: as needed, starting the day of procedure. **Peridex**: start using the day **after** surgery. Rinse gently for several days after surgery to promote healing. \*\*It is important that you eat before taking antibiotic/pain medication.\*\*

Bleeding **Some bleeding is normal and expected for no more than 24 hours after surgery** Using the gauze in your post-op surgery packet,keep pressure on the extraction site for
 1-2 hours immediately following surgery.
 If bleeding continues, replace the gauze and continue to apply pressure at 45-60 minute intervals.
 If bleeding seems excessive, apply pressure with a damp gauze wrapped tea bag (place a
 tea bag in warm water until it is soaked, wringing it out and wrap in clean gauze) bite
 firmly on tea bag for 20 minutes. It may need to be repeated.

Swelling **Some swelling is normal after oral surgery- swelling may increase for the first 48 hours (2 days)** To help prevent or relieve swelling, in 20 minute intervals, place an ice bag over the
 swollen area 20 minutes on 20 minutes off for the first 24 hours.
 If swelling continues after 24 hours, place a warm damp cloth on the cheeks.

Do’s & Don’ts **Do** eat soft bland foods for at least the first day. The best foods are:
 Clear soups, mashed potatoes, blenderized meals, puddings, gelatin deserts, eggs and pastas.
 **Do** apply ice pack intermittently on the day of surgery
 **Do** take your medications as prescribed.
 **Do** brush your teeth as normal just be careful around surgical site(s). If you use an electrical toothbrush, turn off the electric function.
 **Do** start using your irrigation syringe **3 (three) days** after surgery, especially after meals.
 **Don’t** rinse your mouth too vigorously or spit too forcefully. This could loosen the blood clot.
 **Don’t** smoke after surgery for 2-3 days.
 **Don’t** drink alcohol while you are taking the prescribed medications.
 **Don’t** drink any carbonated drinks for the 3 days after surgery
 **Don’t** use straws for 3 days. The suction will loosen the protective blood clot.
 **Don’t** eat or drink anything hot for the first 24 hours. Lukewarm is okay.
 **Don’t** drive or operate any heavy machinery 24 hours after sedation

Our telephones will be answered 24 hours a day, if you have an emergency after hours please call our regular number and press 0, our answering service will get in touch with Dr. Williams and he will call you back.