

Post Operative Instructions

BLEEDING: Remove the gauze from your mouth and repack the wound with fresh gauze every 30 minutes. Maintain firm pressure. Continue changing the gauze every 30 minutes until the gauze is pink. Expect minor bleeding from the surgical sites throughout the first day. If after 4 hours bleeding persists, wipe the mouth thoroughly and rinse your mouth with cold water then apply a new gauze to the bleeding site for 30 minutes. Biting on a moist teabag over the area may help control persistent oozing. Sit or semi-recline. Avoid any overexertion. Do not spit or use a straw for the first postoperative week.

PAIN: Some degree of discomfort may arise as the numbness subsides. At the first sign of discomfort, take two Advil or two Tylenol as needed every 3-4 hours. If you received a prescription for pain medication, take it as prescribed with food. As pain medication can cause nausea and vomiting, it is very important that you have food in your stomach prior to taking these medications. If the pain is severe or persists, please contact this office.

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SWELLING: If swelling occurs, it will most likely peak on the third or fourth post-operative day. Swelling can be minimized by immediate use of an ice pack on the side of your face directly over the surgical area for 10 minutes on and 10 minutes off during the first 24 hours following surgery. The ice pack should be replaced with moist heat 48 hours after surgery and should be continued for the next 7 days.

MOUTH RINSING: Beginning the day after surgery, rinse your mouth with lukewarm saltwater (one teaspoon of salt to a tall glass of water). Rinse several times a day, especially after meals, for the next 7 days. Avoid commercial mouth rinses.

TOOTHBRUSHING: Good oral hygiene is essential to your post-operative recovery. Do not be afraid to brush your teeth.

DIET: It is important to maintain an adequate intake of soft foods and fluids. A nutritious diet throughout your healing process is important. Eating can also prevent nausea associated with certain medications. Please avoid alcohol and drinking through a straw during your healing period.

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SMOKING: Please avoid smoking completely as it may slow the healing process

REMOVABLE APPLIANCE: If Dr. Galen or your dentist placed a removable device on the day of your surgery, wear your prosthesis continuously for 4 days and only remove the prosthesis for oral rinsing as instructed. Replace your prosthesis after rinsing. After 4 days of healing, you may leave the prosthesis out at bedtime. Continue rinsing as instructed for the next 7 days

If you develop severe pain, persistent fever, bodily illness or any other unusual problems, please contact the office immediately at (310) 855-1000.

DO NOT DRIVE OR OPERATE MACHINERY FOR 24 HOURS AFTER GENERAL ANESTHESIA, SEDATION OR AFTER TAKING PRESCRIPTION PAIN MEDICATION