



POST OPERATIVE ORAL SURGERY INSTRUCTIONS

A). AFTER PATIENT ARRIVES HOME (AFTER ONE HOUR) PLEASE FOLLOW THESE STEPS:

1). REMOVE EXISTING GAUZE **2).** GIVE PATIENT FOOD & WATER **3).** GIVE PATIENT MEDICATION (READ PAIN MANAGEMENT) **4).** START SOCKIT GEL TODAY (ONLY IF PURCHASED. USE PEA SIZED AMOUNT ON SURGICAL SITE(S), 4 TIMES EACH DAY UNTIL SYRINGE IS EMPTY) **5).** ADD NEW GAUZE (CHANGE GAUZE EVERY HOUR UNTIL BLEEDING STOPS.) **6).** USE ICE PACK FOR SWELLING (20 MINUTES ON AND 20 MINUTES OFF TO THE JAW FOR 48 HOURS. ADD ICE PACK INSIDE YOUR FREEZER AND REUSE AGAIN) **7).** START CHLORHEXIDINE RINSE NEXT DAY (ONLY IF PURCHASED. USE TWICE A DAY FOR TWO WEEKS) **8).** STITCHES / SUTURES WILL FALL OUT ON THEIR OWN, ON AVERAGE 3 TO 5 DAYS AFTER SURGERY. (DR. PORCHIA JAMES WILL REMOVE AT YOUR POST OP APPOINTMENT IF STITCHES / SUTURES ARE STILL PRESENT.)

B). BLEEDING

DO NOT RINSE, SPIT, SUCK, OR BRUSH YOUR TEETH FOR 24 HOURS. YOU CAN NOT SMOKE OR USE A STRAW FOR A MINIMUM OF THREE DAYS. SLIGHT BLEEDING IS EXPECTED FOR THE FIRST DAY. IF YOU ARE BLEEDING ADD MORE GAUZE OR MOISTENED TEA BAGS TO CREATE PRESSURE. IF UNCONTROLLED BLEEDING OCCURS AFTER NORMAL BUSINESS HOURS PLEASE CALL OR TEXT US. ASSUME A SEMI-UPRIGHT POSITION USING A COUPLE OF PILLOWS. DO NOT SLEEP WITH GAUZE INSIDE OF YOUR MOUTH.

C). PAIN MANAGEMENT

DO NOT DRIVE OR OPERATE MECHANICAL EQUIPMENT AFTER TAKING PRESCRIPTION PAIN MEDICATION. GENERALLY, DR. PORCHIA JAMES RECOMMENDS TAKING **NARCOTIC (IF PRESCRIBED. PAIN MEDS), IBUPROFEN (IF PRESCRIBED. PAIN & INFLAMMATION), & ANTIBIOTIC (IF PRESCRIBED. INFECTION).** ALTERNATE PRESCRIBED NARCOTIC (IF PRESCRIBED) OR OVER THE COUNTER TYLENOL AND PRESCRIBED IBUPROFEN (IF PRESCRIBED) OR OVER THE COUNTER IBUPROFEN EVERY FOUR HOURS. START WITH PRESCRIBED IBUPROFEN (IF PRESCRIBED) OR OVER THE COUNTER IBUPROFEN & ANTIBIOTIC FIRST, THEY CAN BE TAKEN TOGETHER. **DO NOT TAKE MEDICATION ON AN EMPTY STOMACH.** IF YOU DEVELOP HIVES OR A RASH, DISCONTINUE ALL MEDICATIONS AND CONTACT OUR OFFICE OR YOUR LOCAL PHARMACIST.

D). DIET (APPROVED AND RESTRICTED FOOD)

NO RICE! A LIQUID OR NON-CHEW DIET IS RECOMMENDED THE DAY OF SURGERY. SOFT FOODS HIGH IN PROTEIN AND VITAMINS ARE RECOMMENDED FOR THE NEXT SEVERAL DAYS. INCREASE FLUID INTAKE. GRADUALLY RESUME YOUR NORMAL DIET AS TOLERATED, USUALLY THIS WILL APPROXIMATELY TAKE ONE WEEK. **EXAMPLES OF FOODS YOU CAN EAT:**

1). MASHED POTATOES **2).** CHICKEN BROTH **3).** JELLO OR PUDDING **4).** PROTEIN SHAKES **5).** ICE CREAM **6).** PUREE FOOD(S)

E). NAUSEA

DO NOT TAKE MEDICATION ON AN EMPTY STOMACH. SMALL SIPS OF A CARBONATED DRINK WILL USUALLY TERMINATE NAUSEA. (GINGER ALE) OVER THE COUNTER DRAMAMINE CAN BE TAKEN TO REDUCE THE NAUSEA. IF NAUSEA CONTINUES, CONTACT OUR OFFICE.

F). DENTAL CARE

AVOID ROUTINE OR ELECTIVE DENTAL CARE (INCLUDING ORTHODONTIC OR HYGIENE VISITS) FOR APPROXIMATELY 2 WEEKS AFTER SURGERY. AVOID OVEREXERTION AND GET ADEQUATE REST. AVOID SPORTS, EXERCISE, AND STRENUOUS ACTIVITY FOR 3 DAYS. SIGNS OF INFECTIONS INCLUDE INCREASED PAIN AND SWELLING AFTER 3 DAYS, REDNESS, WARMTH, DRAINAGE OF PUS, FOUL SMELL, AND FEVER. IF THESE OCCUR, CONTACT OUR OFFICE. **OUR OFFICE HOURS ARE MONDAY- 9 AM TO 5 PM; TUESDAY- CLOSED; WEDNESDAY 9AM TO 5 PM; THURSDAY 8AM – 4PM (SUBJECT TO CHANGE); FRIDAY- 8AM – 4 PM (SUBJECT TO CHANGE); SATURDAY- CLOSED; SUNDAY- CLOSED.** OUR EMAIL ADDRESS: info@aboutfacesurgery.com

G). POST – OP VISIT(S)

THERE ARE NO ADDITIONAL CHARGES FOR THE FIRST POST OP APPOINTMENT, ADDITIONAL APPOINTMENTS WILL OCCUR A FEE. WE WILL SEND YOU A MOBILE TEXT MESSAGE WITH YOUR REMINDER DATE AND TIME. PLEASE ARRIVE ON TIME.