

➤ POST OPERATIVE CARE

WHEN YOU HAVE HAD ORAL SURGERY, DOING CERTAIN THINGS, EVEN ON THE FIRST DAY MAY HELP YOU FEEL BETTER AND HEAL FASTER

**CONTROL BLEEDING**

TO HELP CONTROL BLEEDING, BITE FIRMLY ON THE GAUZE. THE PRESSURE HELPS TO FORM A CLOT IN THE TOOTH SOCKET. IF YOU HAVE A LOT OF BLEEDING, BITE ON A REGULAR TEA BAG THAT HAS BEEN MOISTENED UNTIL THE BLEEDING STOPS

**MINIMIZE PAIN**

TO LESSEN ANY PAIN , TAKE PRESCRIBED MEDICATION AS DIRECTED. DON'T DRIVE WHILE TAKING ANY NARCOTIC PAIN MEDICATION

**REDUCE SWELLING**

TO REDUCE SWELLING, PUT AN ICE PACK ON YOUR CHEEK NEAR THE SURGICAL SITE. APPLY ICE FOR 10 MINUTES. REPEAT AS NECESSARY AS OFTEN AS YOU CAN THE FIRST DAY  
GET ENOUGH REST

LIMIT ACTIVITIES FOR THE FIRST 24 HOURS.

➤ DO'S

BELOW ARE SOME SUGGESTIONS TO PROMOTE YOUR HEALING

DO EAT A DIET OF SOFT, HEALTHY FOODS AND SNACKS- SOFT FOODS ARE EASIER TO EAT DIRECTLY FOLLOWING SURGERY.

DRINK PLENTY OF FLUIDS WHILE YOU ARE HEALING

DO NOT BRUSH YOUR TEETH OR RINSE YOUR MOUTH THE FIRST DAY

YOU MAY RESUME BRUSHING AND RINSING AFTER THE FIRST DAY

YOU CAN RINSE UP TO 4 TIMES A DAY WITH 1 TABLESPOON OF SALT IN A GLASS OF WATER

DO KEEP THE SURGICAL SITE CLEAN

➤ CAUTION!

RINSE GENTLY SO YOU DO NOT DISLODGE THE BLOOD CLOT.

LIMIT YOUR ALCOHOL USE

EXCESSIVE USE OF ALCOHOL MAY SLOW HEALING

➤ DON'T'S

BELOW ARE SOME ACTIVITIES TO AVOID WHILE YOU ARE HEALING

DON'T DRINK WITH A STRAW

USING A STRAW MAY DISLODGE THE BLOOD CLOT

DON'T DRINK HOT LIQUIDS

HOT LIQUIDS MAY INCREASE SWELLING

YOU MAY STILL HAVE SOUP AND COFFEE JUST LET IT COOL DOWN SOME FIRST

DON'T SMOKE

SMOKING MAY BREAK DOWN THE BLOOD CLOT, CAUSING A PAINFUL TOOTH SOCKET

➤ CALL DR. MARTONE IF

PAIN BECOMES MORE SEVERE IN THE DAYS FOLLOWING THE SURGERY

BLEEDING IS HARD TO CONTROL WITH GAUZE OR A TEA BAG

(SLIGHT OOZING OF BLOOD IS COMMON ON THE FIRST DAY)

SWELLING AROUND THE SURGICAL SITE BECOMES WORSE

ITCHING OR RASHES OCCURRING AFTER TAKING MEDICATIONS

THIS MAY BE AN ALLERGIC REACTION

➤ EATING WHILE YOU HEAL

EATING RIGHT WILL HELP YOU HEAL FASTER AFTER YOUR EXTRACTION (S). EAT REGULAR MEALS AS SOON AS YOU CAN. AS YOU HEAL, TRY THE FOLLOWING RECOMMENDATIONS.

START WITH SOFT FOODS AND LIQUIDS

AT FIRST, EAT SOFT FOODS SUCH AS

OATMEAL, MASHED POTATOES, BANANAS AND SOUP ARE SOME EXAMPLES.

ALSO DRINK LIQUIDS HIGH IN NUTRIENTS SUCH AS VEGETABLE AND FRUIT JUICES OR HIGH PROTEIN DRINKS.

MOVE ON TO SOLID FOODS

CUT FOODS INTO SMALL PIECES TO EASE CHEWING OR USE A BLENDER FOR HARD TO CHEW FOODS SUCH AS APPLES AND CARROTS.

BE CAREFUL WHEN YOU CHEW

LIMIT CHEWING, AVOID CRUNCHY OR STICKY FOODS SUCH AS

POPCORN, TAFFY AND NUTS ARE SOME EXAMPLES

➤ FOLLOW UP VISITS

YOU WILL NEED TO SEE DR. MARTONE TO MAKE SURE YOU ARE HEALING PROPERLY.

(IF NEEDED)

IF YOU HAVE ANY QUESTIONS OR CONCERNS CALL

724-224-7888

AFTER BUSINESS HOURS CALL

724-448-9928

SINUS PRECAUTIONS

UPPER TEETH ONLY

(ONLY IF NEEDED)

DO NOT BLOW YOUR NOSE

DO NOT SNEEZE UNLESS NECESSARY, THEN ONLY WITH YOUR MOUTH OPEN

DO NOT SMOKE

ORAL

&

MAXILLOFACIAL SURGERY

POST OPERATIVE

INSTRUCTIONS

**DR. C.H. MARTONE**

DIPLOMATE AMERICAN BOARD OF ORAL AND MAXILLOFACIAL SURGERY