



DENVER HEALTH™

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FOR LIFE'S JOURNEY

Oral & Maxillofacial Surgery Outpatient Clinic

What can I expect after surgery?

- Minor bleeding for 1-2 days.
- Pain/discomfort that slowly improves in 1-7 days.
- Swelling that increases until the 3rd day after surgery and may last for 1-2 weeks.
- Tightness and stiffness to the jaw and joint areas. Bruising may occur on your check or neck.
- If you had stitches, these will dissolve on their own after 1 week, if they fall out early, that is OK.

What are my post-operative instructions?

- You may be biting on gauze when you leave the clinic. This gauze should remain for 30 minutes. After that, you may take the gauze out. If it is still bleeding like a fresh wound (bright red, dripping blood) bite *firmly* on additional fresh gauze for approximately 30 more minutes. Repeat as necessary until blood is dark & clotting. Avoid taking the gauze out frequently as this may make bleeding worse.
- You can rinse gently with warm salt water after every meal starting 48 hours following surgery. Do not swish forcefully. This can continue 1-2 weeks as food may become trapped in the extraction site. You can brush your teeth gently (avoiding the extraction sites) starting 24 hours following surgery.
- Do not smoke, spit, drink through a straw for 1 week after surgery.
- If you had upper teeth removed, please avoid blowing your nose and sneezing for the first week (if you must sneeze, do so with your mouth open to prevent sinus damage).
- Use an ice pack to reduce swelling and pain. Ice packs can be applied for 20 minutes on and 10 minutes off for the first 48 hours (while awake).

What should my activity level be?

Avoid strenuous activity for 3-4 days after surgery. If you have received IV sedation do not drive for 24 hours or while taking Narcotics.

Are there diet restrictions after surgery?

Your first day will consist of soft, cool foods such as: Jello, pudding, protein shakes, yogurt, applesauce, mashed potatoes, cottage cheese and ice cream. Around day 3-4 you may resume regular diet as tolerated, but should your jaw start to ache, resume soft diet for a couple more days to rest the jaw muscle.

How do I manage pain after surgery?

You may be given pain medication or be directed to use an over-the-counter pain medication, either will help with discomfort and painful swelling (inflammation). Be sure to take as directed. After oral surgery procedures, pain is best managed with scheduled doses of NSAIDs such as Ibuprofen and Acetaminophen.