

ALAMO MAXILLOFACIAL SURGICAL ASSOCIATES, PA

4499 Medical Drive Suite #190 * San Antonio, Texas 78229 * 210-614-3915
1139 East Sonterra Boulevard #505 * San Antonio, Texas 78258 * 210-402-3550
134 Menger Springs Suite #1200 * Boerne, Texas 78006 * 830-816-2480

ORAL SURGERY POST-OPERATIVE INSTRUCTIONS

Your healing and recovery from the surgical procedure may be helped by carefully following these instructions and those given to you at the time of the procedure.

Things To Do:

- Keep the gauze placed at surgery in your mouth for one hour and then discard them. Replace the gauze with fresh gauze approximately every hour as long as bleeding/oozing from the surgical areas is still occurring. A small amount of bleeding may occur for up to 24 hours.
- If this does not control the bleeding, if the bleeding is excessive, or if clots are forming in the mouth, then call us at (210) 614-3915 (**Methodist Plaza**), (210) 402-3550 (**Stone Oak**) or (830) 816-2480 (**Boerne**).
- Keep ice packs on the face (thirty minutes per side every hour while awake) for the first 48 hours.
- After about 48 hours, moist heat to the swollen areas will help the swelling to decrease. Most swelling should be resolved after 5-7 days.
- Eat soft foods for the first few days following surgery. This may include soup, Jell-O, pudding, ice cream, milk shakes, yogurt, mashed potatoes, or scrambled eggs.
- Resume your regular diet as soon as you are comfortable, usually in 5-7 days.
- Drink plenty of liquids. A fluid intake of 3-4 quarts per day is necessary to prevent dehydration.
- Take the prescribed pain medication before the numbness has worn off. It is best taken on a full stomach to prevent nausea. ****Please note that most pain medications include Tylenol in the dosage and exceeding the recommended daily dose of Tylenol may cause liver damage. Should you need to supplement your pain medication with an over-the-counter medication, it is best to do so with either Motrin, Advil (Ibuprofen) or Aleve.****
- Keep the head and shoulders elevated about 30 degrees while resting during the first 48 hours.
- Take antibiotics, if prescribed, as directed on the bottle.
- Beginning the second day, warm salt-water rinses (one teaspoon of salt in a cup of warm tap water) should be done 3-5 times a day (especially after meals) for one week.
- Begin careful tooth brushing on the day after surgery, normal brushing may resume in about a week.
- Please keep follow-up appointments so that we can monitor your healing, and remove sutures at the proper time.
- More information can be found on our website at www.alamoOMS.com

Things NOT to Do:

- Do not drink carbonated beverages or use a straw on the day of surgery.
- Do not rinse or spit on the day of surgery.
- Do not smoke during the first week after surgery.
- Do not use mouthwashes for the first week after surgery (**unless prescribed**).
- Do not drink alcohol on the day of surgery.
- Do not drive on the day of surgery if IV sedation was used or anytime you are taking narcotic pain relievers.
- Please avoid heavy lifting and strenuous exercise for the first 48 hours.

If you have any questions, please do not hesitate to contact us at our offices listed above.

PLEASE NOTE: Our office policy states that we will NOT fill prescription medications after normal business hours and on weekends. Please be sure to contact us should you anticipate the need for additional prescription medications during normal office hours (8:00am-4:00pm, Monday through Friday).

My signature below signifies that all questions regarding post-operative instructions have been answered to my satisfaction. If I am undergoing IV sedation, I fully understand the necessity of a driver home (other than myself) following surgery and that I will require a care giver to monitor my post operative progress for the first few hours following surgery.

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Signature of Patient/Legal Guardian

Date