

Huntsville Oral and Maxillofacial Surgery Associates, P.C.
2314 Pansy Street
Huntsville, Alabama 35801
Telephone 256-534-5028

Postoperative Instructions

1. You have been given a prescription for pain relief. Take it only as directed. **Do not** take additional doses. **Do not** use alcohol with this medication. **Do not** drive while taking this medicine or within the first twenty-four (24) hours after your surgery. Take your medicine for pain control before your mouth numbness wears off for better relief.
2. Bite down firmly on the gauze over the extraction site for two hours. Change it only if it becomes saturated. If oozing recurs after the gauze is removed, replace it and bite down firmly with a moistened gauze folded into a square. You may also bite gently on a moistened tea bag to control oozing. This should control any bleeding.
3. Keep ice packs on the surgical sites for the first twenty-four hours.
4. It is very important that you stay well hydrated after your surgery. You may not feel like eating, but it is very important that you drink plenty of fluids following your surgery. A soft diet is recommended for the first 5 days. Drink liquids and eat soft foods such as soup, broth, apple sauce or canned peaches before taking your pain medication in order to avoid nausea and vomiting.
5. It is best to rest and sleep in a semi-reclined position for the first 24-48 hours. You should have someone remain with you for four to six (4-6) hours following the surgery. You should not be responsible for other persons for at least twenty-four (24) hours following surgeries using general anesthesia. Sleep or rest with your head elevated which will help control facial swelling.
6. You should begin to clean your mouth the morning after surgery. Gently rinse your mouth with mild mouthwash. We recommend Crest ProHealth. **DO NOT** use hydrogen peroxide. Soften your toothbrush by running warm water over it for 10-15 seconds. Gently brush. Avoid strong mouthwashes that contain alcohol.
7. You may have a slightly elevated temperature, especially if you do not drink enough fluids. If you are drinking plenty of fluids and have a temperature greater than 101.0, especially if you have unusual swelling or discharge, you may have an infection. You should call our office immediately.
8. **Do not** smoke or use tobacco products for 5 days. **Do not** use a straw for 5 days. **Do not** spit until bleeding stops.
9. If you have any questions, please call 256-534-5028.
10. Your surgeon is Dr. Duke and can be reached at the above number.