Lincroft Oral and Maxillofacial Surgery
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Post-Operative Instructions

Instructions to smooth your recovery, promote healing, and help prevent any possible complications



You may be swollen for many days. If pain or swelling is not decreased or getting better after 3 days, call our office.

When to Call the Office

- Significant or excessive bleeding
- Persistant granuals in nose or mouth that do not go away
- Persistant earache or sore throat that do not go away
- Warmth near surgical area after 3 days
- Increased swelling after 3 days
- A fever of 101.5 degrees or higher
- Unusual rashes, blotches, or itchiness
- Vomiting or diarrhea

Summary of Instructions

Please read your post-operative instructions contained in this booklet entirely.

- If you were sent home with guaze in your mouth, remove it in about 30 minutes. (See full guaze instructions to follow)
- Do not rinse your mouth for 24 hours.
- Do not brush your teeth for 24 hours.
- Continue ice packs (20 minutes on, 20 minutes off) for 48 hours
- Start clear, cold liquids with sugar and ice (ie. iced tea or smoothies)
- **No straws, rinsing, spitting, or smoking.**
- Lie on the couch, head elevated 30 degrees (2 or 3 pillows)
- Seek assistance when going to/from the bathroom
- Seek assistance when going up/down stairs.
- Sit on the edge of the couch, and then stand up slowly.
- Eat soft foods. Cool or cold foods are better.
- Soups should be warm, not hot.
- Be sure to get plenty of rest, and continue to drink plenty of fluids.
- No alcoholc beverages.
- Do not drive for 24 hours.
- Avoid strenuous activity.
- Avoid prolonged exposure to sun and heat.
- **Use all of medication** unless instructed otherwise by a doctor.



Summary of Instructions

The First Hour
If guaze was placed, it should remain in place, with gentle pressure applied, for 1/2 an hour. Do not touch the guaze during this time with your tongue or fingers. After one hour, wash your hands and remove the guaze. If there is oozing from the surgical site, fold guaze and place it over the site and apply pressure for another half hour. Repeat as necessary.

The First 24 Hours
Apply ice packs for the first 24 hours . Use ice in alternating cycle (20 minutes on, 20 minutes off). Do not rinse, spit, smoke,, drink from a straw, or do anything that creates suction for the first 24 hours as it will interfere with healing. You may drink liquids and eat soft, fork-cut foods. Small amounts of bleeding and oozing are normal after surgery. When you sleep, this blood may mix with saliva and appear as if there is more blood than there really is. This may appear on your pillowcase. Do not be alarmed, this is normal.

The Next Day *(after surgery)*
Continue your prescriptions. It is normal to have increased swelling, as well as an increase in discomfort and soreness when opening your mouth. You may continue soft foods and increase the consistancy as you see fit, but avoid spicy or hard foods.

The Second Day *(after surgery)*
Begin brushing, but gently. Avoid whitening toothpaste containing peroxide, as this may cause your stitches to dissolve prematurely. If you've been perscribed chlorhexidine mouthwash, begin it today. Gently rinse two (2) times a day until sutures are removed or dissolved, being sure to swish well over the surgical sites.

The Next Week *(after surgery)*
Return to the office for your post-operative visits. This will allow the doctor to assess healing and advise you of futher instructions. You should be able to fully resume to normal activities and food.

What to Expect

Pain

Unfortunetly, pain and discomfort are associated with surgical procedures. If you were prescribed pain medication, take it as prescribed. Be sure not to drink alcoholic beverages, drive, or make important decisions with narcotic pain medication or muscle relaxant. If the pain is mild, you may take "Tylenol" or "Advil" as neeeded.

Bleeding

Small amounts of bleeding are normal. The guaze helps control bleeding and may need to be replaced if light bleeding continues. Roll or fold guaze so it is about an inch thick and place it over the surgical site. Close the mouth and apply light pressure. This should remain in place for one hour. You should not talk, eat, rinse, or spit during this time. If bleed continues, wet the outside of a fresh teabag with cold water and place over the surgical site and bite down. Place an ice bag over your cheek and lie down with your head elevated on three pillows. If bleeding continutes, call the office.

Swelling

Swelling and jaw stiffness are normal. If you have an absess, especially one that was drained, do not apply heat to your face. If it is more than 24 hours after surgery and you do not have an infection, you may apply a warm compress to the swollen area and sore jaw muscles in cycles, 20 minutes on, 20 minutes of. It should take about a week for most of the swelling to clear, but it may take longer for the final traces to resolve.

Antibiotics

Not all patients will receive antibiotics. If you are given one, have it filled and follow the instructions on the label. If the surgical site has increased pain, redness, warmth, swelling, or if you have a faver three or more days after surgery, return to the office to be examined. There signs may indicate a post-operative infection. If you are on birth control pills, use additional birth control until your next menstruation, as antibiocs may interfere with effectiveness.

Functioning

It is normal to have discomforat and limitations opening your jaw. Chewing gum at intervals, as well as opening your mouth just beyond where your jaw opens easily, will reduce stiffness.

What to Expect

Diet

A nutrionally-balanced diet is very important, so do not skip meals. During the first several hours of surgery, consume a liquid diet (broth, jelly, sherbert, tea, etc). Avoid popcorn and small seeds (ie. sesame, poppy, band blackberry) for 4 weeks. If you are diabetic, take your medication as usual, unless instructed otherwise.

Rinsing

Do not rinse for the first 24 hours. Rinsing should be done in the morning upon awaking, after meals, and bedtime. Do not rinse if there is bleeding.

Ice

Use ice packs to the surgical site and over the face for only the first 24 hours. Do not leave ice on continuously (20 minutes on, 20 minutes off).

General Well-Being

Some people feel minimal fatigue after surgical procedures; and some people feel very run-down. Your immune system is working hard to repair the surgical sites. Avoid exercise until instructed otherwise. During sleep your body escalates the repair processes, so try to get eight hours each night. Push fluids to stay well hydrated. Sore muscles and a sore throat are common after surgery.

Lips

Your lips and corners of your mouth may become sore or cracked. Keep them lubricated with vaseline or lip balm. You may get a cankeror fever blister. If this occurs, keep it lubricated and contact the office. do not use peroxide, Amebsol, or Listerine.

Nausea

Nausea may be a result of anesthesia, narcotics, antibiotics, or swallowing some blood. Drink carboned beverages (ie. ginger ale) every hour. Take 1/2 of your pain medication at the next usual time.
Call if it persists.

Bruises

A yellow or blue discoloration of the skin may appear. This should resolve in two weeks.

Call the office if you experience rashes, blotches, or itchiness as these are not normal!

Special Instructions

Sinus Instructions

- Use all of your prescribed medication as presribed.
- You will be most likely be prescribed three medications: an antibiotic, an inhaled nasal steroid, and an antihistime.
- Refrain from blowing your nose for at least 7 days. You may wipe nostrils, but blowing can disrupt your sinus membrane. The medicines prescribed should reduce the need to clear your nose.
- Do not smoke, or be exposed to second hand smoke. Smoke has damaging effects on all tissues of the body, including sinus membranes.
- Ocassional blood in the nostrils, or tasting blood, are normal. If bleeding is significant, call the office.
- If you were prescribed neo-synephrine nose drops, do not use them for more than 4 days.
- If you were prescribed normal saline nose drops, you may use them until instructed otherwise by the doctor.
- Refrain from using a straw and from pulling on your lip to look at stitches
- Granuals in your nose and mouth are common, but contact the office if they persist.

OVER THE COUNTER

Afrin - 2 sprays to affected side twice per day for 3 days. You must stop after the 3rd day to avoid rebound affect

Ocean Nasal Saline Spray - 2 sprays to affected side at least every hour while awake

Mucinex or Guafenesen - Per package instructions

Sudafed - 30 mg every 6 hours while awake. Do not take if you have hypertention or cardiac history. *May cause insomnia.*

Antihistimines (Allegra/Claritin/Zyrtec) - Per package

Sinus Rinse - Twice per day

Humidifier/Vaporizer - Use especially at night before bed.

Steam - Inhale steam 2-4 times per day for 10 minutes by leaning over a bowl of hot water with a towel over your head. You can add Vicks Vapo-Rub.

Fluids - Increase fluid intake, 12 recommended glasses daily

PRESCRIPTION

Nasal Steroid Spray - 2 sprays to the affected side daily

Instructions for Patients After Implants

Do not eat on the side of the implant or grafting. Use a Q-tip soaked with Chlorhexadine to cleanse the implant and incisions. Our office will inform you when to return to your dentist and when you can begin to floss and use a proxy brush.

If you were instructed to irrigate:

• Irrigation may need to be performed for 2-6 weeks depending on the healing process (the doctor will let you know at your post-op appointment how long you should continue to irrigate)

• Irrigate at least twice a day, after breakfast and right before bed (if you feel you have food in the area after lunch, you can irrigate then as well)

• Massage the area every hour to help reduce swelling (ice the area for 20 minutes before massaging to reduce discomfort during massage)

How to Irrigate

Irrigation is performed to clean the area and help the healing process. This will help reduce irritation, discomfort, swelling, and even infection.

• Fill the syringe with Peridex/Chlorhexadine (the antibiotic rinse) mixed with water
• Follow your teeth all the way to the back of your mouth where the tooth was removed
• Take the top of the syringe and gently turn it to your cheek and lift your wrist so the tip of the syringle drops into the hole/socket
• Push the liquid into the area, also pumping up/down and back/forth causing any debris to loosen and be flushed out
• Use 1 or 2 filled syringes per area or until the liquid runs clear with no food particles. (if you do not see any debris while irrigating, then you are not doing it correctly)
• There may be some bleeding initially which is normal (the bleeding will stop once the area has been kept clean for a day)

Your Medications

Use of these medications have the potential for side effects that include drowsiness and impaired judgement. Use caution when participating in physical activity or operating machinery. Seek medical help right away if you notice any symptoms of a serious allergic reaction such as rash or trouble breathing.

** Resume your regular prescription medication that you stopped taking prior to surgery*

SAFE and SECURE MEDICINE DISPOSAL

WHAT DO I DO WITH MY UNUSED MEDICATIONS?

Unused medications that remain in your medicine cabinet are susceptible to theft and misuse. To prevent medications from getting into the wrong hands, New Jersey's Office of the Attorney General urges you to properly dispose of your expired and unwanted prescription medicine at a nearby Project Medicine Drop location. Drop off is simple, anonymous, available 24 hours a day, no questions asked. For a list of locations, please visit:

NJConsumerAffairs.gov/meddrop

Always scratch out identifying information on any discarded containers.