



1. **GENERAL ANESTHESIA:** You may feel very sleepy and groggy for several hours today. You CANNOT drive a car, operate heavy machinery or make any major decisions for at least 24 hours after surgery. It is common for patients to feel nauseous after anesthesia. Ginger ale or a clear soda, such as 7 Up or Sprite, may be helpful. Swallowing blood may worsen the nausea and most patients feel better after vomiting.
2. **LOCAL ANESTHESIA** (“Novocaine”)- The feeling of numbness may linger around for up to 8 hours after surgery. Please note, some areas of numbness may wear off before other areas and this is normal. Please do not pull, smack lips or bite on your tongue as this will cause injury and will hurt even more later!
3. **ICE-** Apply ice to outside of the face after surgery unless otherwise specified. The best method is to apply ice 20 minutes on and 20 minutes off. Ice packs should be used for approximately 72 hours after surgery.
4. **MEDICATIONS-** Be sure to take your medications as prescribed. DO NOT WAIT until the pain starts in order to take your medications. **YOUR SWELLING AND PAIN WILL SLOWLY INCREASE AND BE BIGGEST ON THE 3RD DAY AFTER YOUR SURGERY.**
5. **BLEEDING-** Maintain constant pressure by biting on gauze; Remove the gauze after **ONE HOUR**. If bleeding persists, replace the gauze and continue firm pressure for one more additional hour. If bleeding still continues, biting on a moistened tea bag for 1 hour will usually stop any oozing. Bleeding will decrease over time but will not be completely stopped until the day after surgery.
6. **DIET-**You may drink and eat foods that do not require you to chew such as yogurt, ice cream, etc. Eat and drink only cool, soft foods such as mashed potatoes, scrambled eggs or well-cooked pasta for the 24 hours after surgery. DO NOT EAT OR DRINK ANYTHING HOT, this will prolong bleeding and you may bite your lip or tongue. Taking pain pills on an empty stomach will often cause nausea and vomiting.
7. **ORAL CARE-** The mouth should be gently rinsed with warm salt water beginning 24 hours after surgery. 1/2 teaspoon of table salt in 8 oz. of warm water is sufficient.

This should be done when you get up in the morning, after every meal and before you go to bed at night. Tooth brushing is critical to avoid an infection but care must be taken not to brush aggressively near the wound. Irrigation syringes are not necessary unless an active infection exists. They will otherwise dislodge the blood clot.

THINGS TO CONSIDER-

DRY SOCKET-Immediately after surgery, a blood clot forms in the hole starting the healing process. Vigorous rinsing/spitting, smoking, or using a straw or eating/drinking anything hot in the first 48 hours may result in severe pain with a horrible taste/odor at the surgical site that usually appears 5 days after surgery.

A low-grade fever is normal after surgery. If the fever is higher than 101.5 degrees or lasts more than 2 days please contact our office.

Patients using oral contraceptives should be aware that the use of antibiotics postoperatively might interfere with the effectiveness of these contraceptives for the duration of the current cycle.

Physical activity should be limited for several days after a surgical procedure.