ORAL FACIAL RECONSTRUCTION AND IMPLANT CENTER

Diplomats of The American Board of Oral and Maxillofacial Surgery
Fellows of The American Association of Oral and Maxillofacial Surgeons

21110 BISCAYNE BLVD, SUITE 305, **AVENTURA**, FL 33180. DADE (305)932-4955 BROWARD(954)921-7400
100 NW 82ND AVE, SUITE 102, **PLANTATION**, FL 33324. (954) 475-9840
1 SW 129TH AVE, SUITE 400, **PEMBROKE PINES,** FL 33027. (954)432-2080
5531 NORTH UNIVERSITY DRIVE SUITE 104, **CORAL SPRINGS**, FL 33067. (954) 227-4892

POST-OPERATIVE INSTRUCTIONS

1. Go directly home after surgery and rest. While resting keep your head elevated. If you had I.V. Sedation, your escort must drive you home, as directed pre-op. **DO NOT** attempt to drive a motor vehicle or operate any machinery for your own safety.

2. Place gauze over the surgical area for one hour with light pressure. Then you may remove it. If it seems excessive, replace gauze every 40 minute until the gauze turns pink. You will experience slight oozing which is normal. **PERSISTENT BLEEDING:** bleeding should never be severe. If so, you can substitute a wet squeezed tea bag. Bite with firm pressure for one hour. If bleeding remains uncontrolled, please call our office. Place ice in a towel and on your cheek/surgical area.
   Alternate, 15 minutes ON and 15 minutes OFF. Remember swelling will reach its maximum in 36 to 48 hours. This is a normal component of healing process.

3. **DO NOT** drink through a straw, smoke, rinse or spit for the first 24 hours. Doing so can dislodge the blood clot and lead to a dry socket or increased bleeding. Try not to do any bending over or heavy lifting for at least 3 days, no gym or excessive exercise.

4. Diet should consist of plenty of liquids and soft foods you can spoon in and swallow for several days. Example: Mashed potatoes, oatmeal, scrambled eggs, yogurt, puddings, ice cream, milk shakes...

5. Take your medications as directed and not on an empty stomach. Pain medication can cause lightheadedness and or nausea as a side effect. Resting and avoiding excessive activity can reduce these symptoms. **DO NOT** drive or operate any heavy machinery while taking the pain medication.

6. **DO NOT** drink alcohol or take sedatives while taking pain medication.

7. **24 hours AFTER SURGERY:** start brushing your teeth and rinse with a pinch of Salt and warm water after every meal and as desired. **If your doctor prescribes** the mouth rinse it **is to be used** 5 days after oral surgery use. Rinse 2 times a day, after breakfast and before bedtime. Rinse with Peridex or Warm salt water for at least one week.
8. ***If you have any signs or symptoms of COVID-19 within 14 days after surgery, contact us immediately***.