

DESERT MOUNTAIN ORAL MAXILLOFACIAL SURGERY

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POST-OPERATIVE CARE INSTRUCTIONS

The following instructions are meant to act as a guide to aid you in your recovery after surgery. If you are experiencing problems that are not addressed or have any questions regarding post-operative care, please call the office at 505-554-2575. If it is after hours, an answering service will take your call and contact the surgeon on call.

Bleeding/Bruising: You will leave the office with gauze packing over the surgery site(s) and extra gauze packs. Leave the pack(s) in place for 30-60 minutes. If bleeding persists, replace the pack(s) and apply pressure for 30 minutes. If bleeding continues after two to three pack changes, apply a damp, black tea bag, (Lipton), wrapped in gauze, with pressure. If bleeding continues uncontrolled, call the office. Do not spit! This will exacerbate the bleeding. Bruising may start a few days after surgery and will resolve in about one week. Warm moist heat will help with the bruising.

Diet: Immediately after surgery, cool liquids. NO STRAWS! NO CARBONATED DRINKS! Advance your diet as tolerated to smoothies, pudding, yogurt, ice cream, Ensure, Muscle Milk, etc. Good nutrition is important to recovery and healing. Advance your diet as tolerated. Be sure to consume plenty of fluids, especially water, to help with recovery and avoid dehydration.

Medication: Use the medications provided as directed. You can alternate ibuprofen and acetaminophen for pain control. If you took the ibuprofen before the surgery, start with the acetaminophen when you get home. Example: ibuprofen 600 mg, then in three hours, acetaminophen 1000 mg, then in three hours ibuprofen 600 mg, three hours acetaminophen. Continue this dosing cycle as needed. **The maximum amount of ibuprofen in a 24-hour period is 2400 mg; acetaminophen is 4000 mg.** If the pain escalates, you can start using the narcotic, if provided, as directed. Use the narcotic in place of the acetaminophen. Be aware, the narcotic may have acetaminophen in it. Read the label. Many pain medications, particularly narcotics, can cause nausea. It is very important to take pain medications with food. Start the pain medications early to stay ahead of the pain, making it easier to control. Be sure to resume/continue with your regular medication schedule. Females must know that antibiotics may render some forms of birth control ineffective. Make plans, take precautions.

Swelling: The swelling associated with the surgery will increase and peak at about 72 hours. This can be minimized with the use of NSAID's such as ibuprofen, Motrin, Advil, Aleve, the use of ice, and head elevation. Apply the ice to the affected area(s), 30 minutes on, 30 minutes off for the first 24-48 hours. Sleep and rest with your head slightly elevated for the first 48-72 hours.

Smoking: Don't do it! You will dramatically increase your risk of a dry socket, (see below), and delay the healing process by affecting the bone and soft tissue.