

POSTOPERATIVE CARE INSTRUCTIONS FOR:

Date:

The following medications might have been prescribed and are to be taken as directed. If there are *any* questions regarding your medications, or *any* reaction to them, other than as described by Dr. Bazan, please contact the office immediately.

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| <input type="checkbox"/> Motrin 800mg—take one tablet every 8 hours for the first 48 hours, then as needed to control swelling and soreness | <input type="checkbox"/> Tylenol #3—take one tablet every 6 hours for the first 48 hours, then as needed to control swelling and soreness |
| <input type="checkbox"/> Amoxicillin ____ mg, take one tablet 4 times daily until all taken | <input type="checkbox"/> Darvocet (optional) for discomfort—one tablet every 4 hours |
| <input type="checkbox"/> Cleocin 150mg, take one tablet four times daily until all taken | <input type="checkbox"/> Tylox (optional) for discomfort—one tablet every 4 hours |
| <input type="checkbox"/> Other _____ | |

An **ice pack** should be used, 10 minutes on and 10 minutes off for the rest of the day, until bedtime. This will help reduce swelling and discomfort. Ice chips in the mouth are also effective.

For the **first 24 hours**, do not rinse, spit, or drink with a straw. **No** brushing for 24 hours.

For the **first 48 hours**, avoid vigorous exercise or outdoor activity.

It is very important to **minimize pressure and tension** to the wound edges. **Do not** swish, spit or puff your cheeks. **Do not** explore the surgical site with your tongue. This action can damage the wound. Be **VERY CAREFUL** when rinsing.

Avoid chewing immediately after the surgery until the anesthesia has worn off. **Do not** chew in the surgical site until advised. **Do not** challenge the area with hard, crunchy, acidic, or spicy foods. **Do** eat soft foods and drink plenty of liquids.

- If a sinus procedure was performed, please refrain from blowing your nose or sneezing with your mouth closed.
- If gauze has been placed immediately following the procedure, remove it in 1 hour, unless otherwise directed.
- If a dressing has been placed and it becomes dislodged within 48 hours, please contact the office.
- Wear your bite appliance as much as possible (day and night) during the first week after your surgery. This will aid in minimizing discomfort. If the appliance irritates the surgical site, please contact the office.
- Do not wear your bite appliance until further notice. This appliance may impact on the surgical site.
- No brushing, flossing or proxabrush use at the surgical site.
- Gently apply Peridex to the surgical site with a cotton swab two times per day (AM/PM).
- Listerine may be used. No heavy swishing or rinsing.
- Minimize physical activity for 48 hours following surgery.
- Refrain from smoking for at least one week.

Slight **oozing** from the surgical site may occur during the next 12 to 24 hours. Drink water to eliminate the taste associated with this. Any oral suction can promote oozing; therefore, **avoid** spitting or drinking from a straw. If bleeding occurs, apply pressure directly to the bleeding site with damp gauze for 10 minutes. If bleeding persists, call the office.

You will experience **swelling** at the surgical site, which will peak at 48-60 hours. After this period, swelling should decrease. Postoperative infections can occur but are rare. Such infections are typically signaled by continued swelling after 48-60 hours following the surgical procedure. If this occurs, contact Dr. Bazan.

Bruising and **discoloration** are a normal consequence of many surgical procedures. Should bruising occur, hot compresses may help them disperse. These should only be applied 48 hours after surgery.

On rare occasions, some **numbness** of teeth and adjacent soft tissue may occur following surgery. This is typically a short-term experience. If you experience such numbness, contact Dr. Bazan.

Temperature sensitivity is to be expected following surgery. Be aware that extreme temperature changes, primarily from cold foods or beverages, may produce discomfort.

The healing of today's surgical procedure will be monitored closely over the next several weeks. It is important that you schedule your follow-up appointments as directed by Dr. Bazan. Consistency with postoperative appointments will allow Dr. Bazan to appropriately assess healing of the surgical site and insure the anticipated result.

NOTE: If you experience any significant variation in the expected postoperative course, please contact Dr. Bazan immediately.