

Post-operative care is very important after any surgery. Unnecessary pain and complications of infection and swelling can be minimized if the instructions are followed carefully.

- A piece of gauze has been placed firmly at the surgery site. **Keep biting pressure on this same piece of gauze for 30 minutes and continue to swallow your saliva like normal.** After 30 minutes, if there is still bleeding, replace the gauze with a new one and apply biting pressure for 30 more minutes. **SUTURES** if placed will naturally dissolve on their own, do not worry about these (could take up to two weeks)
- Place **ICE** - or a frozen pea-bag on the face / jaw area of surgery on and off for next 3 days.
- Strictly **Soft and Cold diet** for the rest of the day. Ice cream, milkshakes and smoothies are great.
- **NO use of a straw**, for the first 3 days.
- **NO spitting, NO rinsing** for the rest of the day.
- **Rest** and take it easy for the next two days. No heavy lifting or sports.
- For 1 week, **NO hot, spicy or Crunchy foods.**
- **NO alcohol, and NO smoking** for a week.
- For 1 week, **keep food away from the surgical site** and **rinse with warm salty water** after every meal to keep the site clean.
- Brush your teeth like normal. Floss like normal. **Be gentle around the surgical site.**
- **Slight swelling and pain are normal** for 1 week following the procedure.
- Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Take the prescribed pain medications right away before you feel discomfort. This will usually coincide with the local anesthetic becoming diminished.
- If you have been placed on antibiotics, take them as directed. Antibiotics will be given to help prevent or treat infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction.
- **SLEEP ELEVATED for the FIRST 3 Nights**
- Nausea and vomiting are common side effects of Oral and IV sedation, and many narcotic pain medications. In the event of nausea and/or vomiting following surgery, stop taking the narcotics.
- Restrict your activities the day of surgery and for the following 3 days. After 3 days post surgery, resume normal activity as you feel comfortable.
- If after 3-4 days your pain becomes worse or you feel a throbbing at the site, you must seek further care from your dentist for treatment.
- If you have any questions or concerns, feel free to contact the office first. They will contact STS immediately if it is outside their traditional scope of care.

NEED HELP?



POST-OP ASSISTANCE FORM

Having an issue or a question after surgery? Scan to fill out our post-operative form and our team will follow up with you.

NAME: _____

DATE: _____