

POST-OPERATIVE INSTRUCTIONS

Abington Oral and Maxillofacial Surgery, P.C.

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1. Bite on gauze for 30 minutes. If active bleeding (not oozing) continues, bite on fresh gauze or wet tea bag changed until bleeding is controlled.
2. Apply ice to the area, 20 minutes on 20 minutes off, etc., for the first 24 hours to minimize swelling.
3. DO NOT BRUSH TEETH, RINSE, OR SPIT TODAY!
4. Starting tomorrow, rinse with warm salt water 3 to 4 times per day (after meals and at bedtime) for 1 week.
 - 1 teaspoon salt in 8oz of water
5. Liquid diet on the day of surgery, follow by a soft diet for the next ten days.
 - Liquid Diet: broth, clear juices, gatorade, jello, soda (no milk products), water ice and ice pops are great!
 - Soft Diet: eggs, pasta, soups, noodles, ground beef or fish cut in small pieces, ice cream, milk shakes, apple sauce, pudding, mash potatoes, etc.
 - Keep away from hard, crunchy, crumbling foods such as toast, chips, pizza, hoagies, pretzels, cookies, etc.
 - No drinking through straws for ten days.
6. Take medication as instructed. For mild discomfort and to minimize swelling consider taking an anti-inflammatory such as Advil or Motrin.
7. In case of extreme pain, uncontrollable bleeding or any unusual symptoms, call the office immediately.
8. No smoking and no nicorette gum for 10 days use a nicotine patch if necessary.
9. No strenuous activity for one week following surgery.