

Post Operative Instructions

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After any surgical procedure there are several post surgical events that are normal. Please follow these instructions and if you have any questions do not hesitate to call.

1. **Swelling.** Everyone's response is different and this may vary from none to severe depending upon the complexity of the surgery and your body's response. Swelling is perfectly normal and is expected to peak 48 to 72 hours (2-3 days) after surgery. It will take approximately 1 week to fully go away. After leaving the office, ice should be applied to face on the side of the surgery for 2 days in increments of 15-20 minutes. After these initial two days, warm, moist heat may be applied. The swelling should not worsen after three days and should be completely gone in 1 week. If swelling worsens after three days or is not resolved in one week, you should call our office.

2. **Bleeding.** Some bleeding after surgery is normal. This is usually a small amount of blood that mixes with your saliva and appears to be more blood than it actually is. If you had extractions, you will leave our office biting on gauze. You should bite firmly with steady pressure for 45 minutes to 1 hour after you leave our office. If bleeding persists, you can replace with clean gauze or use a tea bag run under cold water and place over the extraction site(s) and again bite firmly for 1 hour. Repeat as necessary. If bleeding becomes uncontrollable, profuse or brisk call our office immediately. Please note that if stitches were placed, they will dissolve on their own in approximately one week.

3. **Discomfort.** It is completely normal to experience some discomfort after your surgery. This can vary from none to severe depending on the complexity of the extractions. You are to take the pain medication that was prescribed to you and start it before the numbness wears off. Note that these pain medications can make you drowsy and you are not to drive, operate any machinery, or make any legal decisions while on this medication. Also, medications only work if taken in the prescribed manner and there is no medication that will relieve 100% of your discomfort. *If you are able to, you may take Ibuprofen (Advil, Motrin) every 6 hours along with the pain medication you were given.* If you are pregnant or on any type of blood thinner (i.e. Coumadin, Plavix, or Aspirin) ask your doctor before taking Ibuprofen (Advil, Motrin). Do not, under any circumstance, take Tylenol with the pain medication you were given...the pain medication you were given already contains Tylenol and you can severely damage your liver.

4. **Smoking.** The use of any type of tobacco is strictly prohibited within the first week after surgery. If you choose to smoke, please note that your discomfort and swelling will be significantly worse and no medication will be able to help. Smoking will also increase your risk for infection and delayed healing.

5. **Cleaning of your mouth and Eating.** The day of surgery you may start to rinse your mouth with warm salt water or mouthwash. You are to brush your teeth as you normally do and note that a little blood in the sink afterwards is normal. You may eat whatever is comfortable for you to eat after your surgery.

6. If you have any questions or concerns following your procedure, please call Dr. Hornaday through his office number at (765) 289-9705. If it is after hours, still call this number and you will be instructed on how to reach Dr. Hornaday. Please do not call or see your dentist regarding any questions or concerns that may arise from your treatment. Dr. Hornaday performed your surgery and therefore will handle any questions or concerns that may arise.