



POST SURGICAL INSTRUCTIONS

- **Do** use ice on your face (20 minutes on / 10 minutes off) for a total of 24 hours
- **Do** drink ice water for the first 24 hours
- **Do** eat yogurt and ice cream for the first 24 hours
- **Do** eat soft foods for 1 week (chewing away from the surgical area) and refer to the [Post Surgery Dietary Suggestions](#)
 - **Do** sleep with your head elevated for two nights following surgery
- **Do** rinse gently with water after each meal to cleanse the surgical wound
- **Do not** drink hot liquids for 24 hours following surgery
- **Do not** brush the area of the surgery for 1 week or until instructed to do so
- **Do not** smoke for two weeks following surgery
- **Do not** drink alcohol for one week following surgery
- **Do not** use toothpaste until sutures are removed
- **Do not** exercise for three days following surgery (aerobic activity)
- **Do not** wear removable dentures until specified (wearing dentures too early will jeopardize healing)
- **Do not** spit

Bleeding

- You may see some bleeding following the surgery. If this occurs, it may be stopped by gently biting on gauze soaked in cold water. If the bleeding is not controlled by this method, please contact our office.

Swelling

- Use a cold pack for first 48 hours after your surgery
- If swelling is going to occur, it will peak at 48-72 hours following the surgery
- If you are swollen after the first 48 hours heat may be used on the area
- A moist heated towel or a hot water bottle may be used on the area of swelling for 48 hours
- In some cases bruising, or restricted jaw movement may occur. Gentle heat application after the first 48 hours will help reduce these symptoms

Sutures

- Sutures will be present in your mouth following the surgery
- Avoid the area of these sutures when eating or brushing
- These will be removed in approximately 7-14 days following the surgery

Medications

- In some cases, medications may be prescribed as part of your care
- Mouthwash (Chlorhexidine) should be used twice a day for 30 seconds, after breakfast and before bedtime
- Use prescribed medications as directed and contact the office if you have any reactions to these medications
- If you experience mild discomfort after your procedure, you may take non-prescription medications that do not contain aspirin, such as Tylenol or Advil

EMERGENCY TELEPHONE NUMBERS

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