

General anesthesia or sedation

- Do not drive or operate machinery for 24 hours.
- Do not consume alcohol, tranquilizers, sleeping medications or any non-prescribed medication for 24 hours.
- Do not make important decisions or sign any important papers in the next 24 hours.
- You should have someone stay with you at home for the next 24 hours.
- Children may appear flushed for several hours after surgery.
- **If your face, jaws and tongue are still numb after 7 to 12 hours (and beyond), then it is probably due to the long acting local anesthesia (Marcaine). This is part of the pain control.**

2. Activity

- You are advised to go directly home. Restrict your activities and rest for a day. Resume light to normal activity for the next few days.
- Avoid excessive physical exertion and fatigue during the first few days following your surgery. Obtain adequate sleep (rest).
- If the surgery involved your sinus or nasal cavities, avoid smoking, sneezing or blowing your nose until further notice.
- Avoid any activity that could put your face in danger of an injury.

3. Fluids and Diet

- Begin with clear liquids (eg. Gatorade, ice tea, apple juice). If not nauseated, you may go to a full liquid diet (eg. cold, liquidy milk products such as milkshakes, frozen yogurt or a smoothie). A homemade milkshake, using skim milk or soy milk, frozen yogurt or ice cream and fresh fruit blend into an excellent source of nourishment. The day following the surgery you can begin to eat regular soft foods for the next 5 days or so (eg. eggs, omelets, spaghetti, meat loaf and well cooked vegetables). It is important to maintain a diet high in protein and complex carbohydrates. Do not skip meals. Please take a potent multi-vitamin and at least 500 mg of Vitamin C per day. Avoid big, hard and chewy foods for 5 days or until jaw stiffness and discomfort have resolved (eg. no steaks, triple decker sandwiches or chewing gum)

4. Medications

- Use the prescriptions sent with you as directed. When taking **narcotic pain medications**, you may experience dizziness or drowsiness. **Do not drink alcohol or drive while taking these medications.**
- **You should resume your daily prescription medication schedule per your physician's instructions. If you are diabetic, you may need to stay on a sliding insulin scale (based on your blood glucose level and your doctor's advice) until you are back to your normal caloric daily intake.**
- If an antibiotic has been prescribed, take as directed on the bottle until they are all gone. Analgesics/anti-inflammatory drugs (eg. Naproxen (eg. Aleve) (or Bextra)) may be prescribed for mild to moderate discomfort. This medication must be taken (as directed) consistently 3 or 4 times a day with food (preferably after meals) for the first week postoperatively. This is an excellent analgesic for those patients who must go back to school, work or operate machinery such as cars. The narcotic pain medication can then be taken as a rescue medication when the Naproxen (eg. Aleve)(or Bextra) is not keeping you comfortable enough.

- Common Medication Instructions (**Prescribed as indicated**):

Chlorhexidine (Periogard) rinse - This is an antibiotic mouth rinse which should be used 2 times a day following brushing and flossing of teeth. One-half ounce should be held in the mouth for at least 30 seconds followed by rinsing and spitting out. This requires a prescription.

Naproxen (eg. Aleve)(or Bextra) - Analgesic/anti-inflammatory drug for mild to moderate discomfort. This medication must be taken consistently to be effective 2 times a day (or Bextra 1 time a day) with food (preferably after meals) for the first week postoperatively. You should use your refill if needed. This is an excellent analgesic to take for those patients who must go back to school, work or operate machinery such as cars.

Narcotic analgesic (eg. Hydrocodone 5-10 mg and acetaminophen) - This analgesic should be taken (only as necessary) for moderate to severe pain not controlled by the Naproxen. Take ½ to 1 tablet every 4 to 6 hours with food. You should use your refill if needed. You should not take this medication if you are driving a car or operating machinery. This medication requires a prescription. Take as directed on bottle.

Antibiotics (eg. Amoxicillin, Clindamycin, Cephalexin or Erythromycin) - These medications will help prevent infection and should be taken as directed on the bottle until they are all gone. If there was no evidence of infection at the time of surgery, Dr. Satterfield may not prescribe antibiotics. If Dr. Satterfield finds some evidence of infection, then you will be given antibiotics for at least one week following the surgery. This medication requires a prescription.

Promethazine suppositories - This medication controls nausea and vomiting associated with anesthesia and surgery. It also has a sedative (antihistamine) effect. 25 mg doses may be repeated at 4 to 6 hour intervals. You should not take this medication if you need to be alert to drive a car or operate machinery. This medication requires a prescription. Take as directed.

- **Please call us immediately if you have any side effects (eg. nausea, vomiting, diarrhea, headaches). Please call us immediately if you have an allergic reaction (eg. rash, swelling or difficulty breathing).** Do not take the offending drug again. If you are not sure which drug caused the problem, then discontinue all medications and call us immediately.
- If **nausea** occurs, try an antacid (over the counter), such as Mylanta or Maalox, before continuing with some bland foods (i.e. cereal, soft crackers, flat soda drink or milk).
- If your bowel habits become irregular, it is suggested you take a mild laxative (over the counter), such as Milk of Magnesia or Metamucil. Please call us if constipation becomes a problem.

5. Wound Care

- **Swelling:** Facial swelling after surgery is normal. It normally takes three days for swelling to reach a peak before beginning to subside. Most of the swelling will usually resolve within the first 7 to 10 days. Ice packs are used for the first 24 to 48 hours. Plastic bags filled with crushed ice and wrapped in a towel or a commercial ice bag are convenient forms of application. Apply for 15 - 20 minutes - each hour while awake. After discontinuing ice, switch to moist heat (warm water bottle or warm wash cloth)

using the same time periods. **Use moist heat instead of ice if you are being treated for an infection.**

- **Oral hygiene:** This is the single most important thing that you can do on your behalf to minimize the possibility of wound infection following oral surgery. Please use a soft bristle toothbrush with your favorite toothpaste (along with dental flossing) to keep the teeth clean. If you have braces on, food tends to accumulate on these appliances, and hygiene becomes more difficult. A water pik is helpful in keeping the braces on your teeth clean. However, this is not a substitute for brushing and flossing. **Never aim the water pik at any of the incisions.** If chlorohexadine (antibiotic mouth rinse) was prescribed, use it 2 times a day following the brushing of your teeth. One-half ounce should be held in the mouth for at least 30 seconds followed by rinsing and spitting out. If a rinse was not prescribed, then you may use a diluted mouthwash (1/2 water) to rinse with (such as Listerine) or salt water (1/2 tsp. of salt in an 8 oz. glass of water). The recommended routine will be as follows: After meals, brush and floss your teeth being very careful of where the surgery was performed; then rinse with the chlorohexadine or diluted mouthwash for 30 seconds. Be very careful during the first 24 hours following the surgery - Do not be too vigorous in your rinsing as this may stimulate bleeding.
- **Oral Bleeding:** Gauze was placed over the surgical site to serve as a pressure bandage when you bite down. **Replace the gauze hourly to control bleeding if necessary. Remove the gauze when sleeping, eating or taking medications. A small amount of oozing is normal for the first 24 hours.** You may wish to cover your pillow with a towel to avoid staining. Rest with your head elevated by pillows at least 35 degrees. Excessive bleeding may be controlled by placing a moistened tea bag over the surgical site for one hour while applying pressure. **Avoid vigorous rinsing, spitting, smoking, carbonated soda drinks, drinking through a straw and alcohol containing mouthwashes for the first 24 hours as they may prematurely**