

**1. Bleeding**

Slight bleeding after surgery is normal and may last for several hours. If bleeding is excessive, put pressure directly over the bleeding. Lay in a semi-reclined position. **Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity, smoking, or alcohol for 48 hours.**

**2. Rinsing**

Rinsing may dislodge the blood clot and interrupt the normal process of healing. Carefully follow these steps in order.

\_\_\_\_\_ **Day 1** (Day of surgery – first 24 hours)

- Begin rinsing **gently** using a glass of room temperature salt water (**1/2 tsp per cup**). Repeat 2-3 times daily.
- Follow with **Closys** mouth rinse.

\_\_\_\_\_ **Day 2 and On**

Same regimen as day 2, however, begin rinsing more vigorously.

**3. Swelling**

Cool packs and pressure outside of the surgical site will be helpful in reducing inflammation, bruising, and hematoma formation. Leave cool packs on for 20 minutes, then remove for 20 minutes, and replace as often as possible on the first day. Similar use in following days will also be helpful for reducing swelling and bruising.

**4. Diet**

**No chewing for 12 weeks.** Cool, clear liquids are best to start. **No hot liquids, carbonated beverages (soda), acidic foods and drinks for the first 24 hours.** Eat something when you feel ready. When the numbness wears off, progress to a pureed (mashed potato consistency or softer) diet. Continue a pureed diet for 12 weeks.

**5. If the Maxilla (upper jaw) was Fractured**

The maxillary sinus may be affected. If so, do not blow your nose until further notice. Gentle sniffing is okay. Use sinus and nasal medications as directed. Please refer to "Sinus Precautions" for further instructions.

**5. Baseline Pain**

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

**Breakthrough pain:** you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

**After day 4:** you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

**Patient Name:** \_\_\_\_\_

**Ride Signature:** \_\_\_\_\_

**Next dose of Ibuprofen with Tylenol:**

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