

These instructions are important for proper healing. Please follow these guidelines to ensure the best outcome and recovery.

Immediately Following Surgery:

1. Gauze pads will be placed over the surgical site(s) at the time of surgery. If bleeding continues, replace them with a dampened and rolled gauze pad(s) with firm biting pressure. Change every 30-45 minutes until minimal pink/red spotting is present.
2. Avoid vigorous rinsing or touching the wound area. Gentle mouth rinsing can begin the day after surgery.
3. If prescribed, begin taking antibiotics as directed.
4. Take anti-inflammatory medications for pain management prior to feeling discomfort.
 - a. Ibuprofen 600 mg tablets - take one tablet every 6 hours as needed for pain
 - b. Extra Strength Tylenol 500 mg tablets - take one every 6 hours as needed for pain
5. Take all medications with food to prevent upset stomach and nausea.
6. Limit your diet to cold, soft foods for the first 1-2 days, advancing as you are able. Drink plenty of fluids.
7. Place ice packs on your cheeks for 20 minutes at a time as needed.
8. Restrict activities on surgery day, resuming normal activity as able.
9. Permanent sutures were placed to allow improved soft tissue healing. They will be removed at a postoperative appointment two weeks after the surgery.
10. It is normal to have small pieces of bone graft come loose, if you are concerned about the amount, please call our office.

Bleeding:

1. Bleeding is normal after surgery and should slow down by the evening with proper use of gauze.
2. Slight bleeding, oozing or redness in the saliva is common for about 2 days postoperatively.
3. If bleeding does not slow down after replacing gauze in the area, then place a moistened black tea bag over the surgical area for 30 mins and bite down firmly. If you have any concerns with bleeding, please contact our office at (208) 667-0824. If calling after-hours, there will be a phone prompt that connects you directly to Dr. Griffitts.

Medication:

1. If antibiotics were prescribed, it is important to complete the course of the prescription, even if you are feeling well.
2. If Exparel was used, you will have numbness that lasts for 2-3 days in the surgical sites. Continue taking medication the following days as needed for your pain. It is typical to still require some pain medication up to one week following surgery.

Activity:

1. You are clear to return to normal activity levels after 7 days.

Diet:

1. During your recovery period, it is normal for your jaw muscles to be sore. Chewing will be difficult but should improve with time.

Swelling:

1. Swelling can decrease when following ice application regimen.
2. Bruising of the skin is normal and can take up to 10-14 days to subside.