

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. This can dislodge the blood clot and cause additional discomfort.
3. 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
 - a. 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. Place ice packs on your cheeks for 20 minutes at a time as needed.
7. Limit your diet to cold, soft foods for the first 1-2 days, advancing as you are able. Drink plenty of fluids. Avoid using a straw until 5 days post-op.
8. Restrict activities on surgery day, resuming normal activity as able.

Second Day Following Surgery:

1. Maintain your prescribed medication regimen, progressing to more substantial foods as you feel comfortable.
2. Begin using the mouth rinse, once in the morning and once in the evening for up to 2 weeks.
3. If you are experiencing muscle soreness today, apply heat to cheeks for 20 minutes at a time as needed.

Third Day Following Surgery:

1. Maintain your prescribed medication regimen, using heat as needed for continued muscle soreness.
2. Begin using the irrigation syringe marked SS in the lower extraction sites only for up to 1 week:
 - a. Fill the syringe with warm water.
 - b. Insert the tip of syringe slightly into socket and rinse lower extraction sites until no food comes out.
 - c. Some bleeding while irrigating can be normal.

ADDITIONAL INFORMATION

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 Exparel was used, expect numbness to last 2-3 days in the surgical sites. Continue taking prescribed pain medications as needed for up to one week following surgery.
2. If antibiotics were prescribed, it is important to complete the course of the prescription even when feeling well.

Activity:

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

Diet:

1. It is normal for your jaw muscles to be sore. Chewing will be difficult but should improve with time.
2. Expect to return to a normal diet 7 days after your surgery.

Swelling:

1. Swelling can decrease when following ice and heat application regimen. Expect swelling to peak 3-4 days postoperatively.
2. Bruising of the skin is normal and can take up to 10-14 days to subside.