



Fairfax Oral and
Maxillofacial Surgery

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*Emeritus

DISCHARGE INSTRUCTIONS FOR CONNECTIVE TISSUE GRAFT

What to expect after surgery:

- *Slight swelling*
- *Bleeding/oozing*
- *Numbness due to anesthesia for up to six hours*
- *Discomfort for several days*
- *If suture was placed, it will dissolve*

Please follow these instructions:

- *Drink plenty of liquids*
- *Bleeding lasts several hours- apply firm pressure to area for 15-20 minutes. Repeat as needed.*
- *Avoid salty, spicy, crunchy, and citric foods.*
- *Avoid mouthwashes – rinse with saltwater three times per day for one week.*
- *Soft diet*
- *Avoid straws and any heavy spitting*
- *To reduce swelling, elevate head and apply ice packs to face*
- *Reduce physical activity for 24 hours*

Antibiotics and Pain Medications

Have any prescriptions filled promptly and take as directed. Non-narcotic medications (*Motrin, Advil, Tylenol*) should be taken as soon as possible and repeated as prescribed for the first several days. Narcotic pain medication can be taken in addition if pain relief is not adequate. However, when narcotic pain medications (*Percocet, Vicodin, Tylenol with Codeine*) are taken, you should not operate automobiles or other power equipment. Antibiotics, when prescribed, should be taken as indicated until gone. If a rash or swelling develops, discontinue the antibiotic immediately and call the office to inform your doctor.

Oral Hygiene and Smoking

It is important to maintain oral hygiene so that the wound will heal properly and not become infected. Smokers are advised not to smoke for five to seven days after surgery. Drawing on a cigarette may disturb the blood clot and thus interfere with the healing process.

Call your Doctor if:

- *You have signs of infection, sudden swelling, or fever*
- *You have a reaction to any of the medications*
- *You experience prolonged bleeding*
- *Pain increases and/or your condition worsens*
- *You have any questions regarding the surgery or post-surgery instructions. If calling after business hours, you will be directed to an after-hours answering service at 703-476-3708 and a doctor will promptly return your call*

Discharged by: _____