

HAROLD A. KRUEGER II, D.D.S.
Oral and Maxillofacial Surgery
913-529-5999

POST OPERATIVE INSTRUCTIONS

Your Overall Result Will Be Directly Influenced By How Well You Follow All The Instructions Below.

HOW TO CONTROL BLEEDING & SWELLING

(Some Bleeding, Swelling, & Bruising Is Normal After Surgery)

- **Bite Firmly On Gauze Until Bedtime Even If Bleeding Has Stopped.** This Will Help With The Swelling.
- **Avoid Talking**
- Change Gauze Only When Saturated. Check Gauze Every 20-30 Minutes.
- Remove Gauze Before Eating & Place Fresh Gauze In After Eating.
- Use Gauze After Bedtime Only If Bleeding Persists
- **DO NOT SPIT** – Use Gauze To Wipe Out Excess

- Ice Pack TODAY & TOMORROW (20 Min. On / 10 Min. Off)
- Take Pain & Antibiotic Medications As Directed
- Sit Up Or Semi-Recline (DO NOT LIE FLAT). Keep Head Above Heart.
- Patient Needs To Remain Awake Throughout The Day Until Bedtime Biting On The Gauze.

- **DO NOT: SMOKE OR USE A STRAW FOR 5 DAYS.**
- **DO NOT: DRINK ALCOHOLIC, CARBONATED, CAFFEINATED BEVERAGES FOR 7-10 DAYS.**

AT BEDTIME TONIGHT

- You May Brush Teeth CAUTIOUSLY.
- ONE Salt Water Rinse (Lukewarm ½ Tsp. Salt To 8 Oz. Warm Water). Let Water Fall Out Of Mouth.
DO NOT SPIT- Use Gauze To Wipe Out Excess.

ADDITIONAL IMPORTANT INSTRUCTIONS BEGINNING DAY 2

- Rinse Mouth With Salt Water After Eating For Up To 2 Weeks.
- It Is Important To Eat & To Keep Hydrated With Water For Excellent Healing
- LIQUID DIET NEXT 48 HOURS – Unless Otherwise Instructed
(See Reverse For Liquid Diet Options)

- If Nausea Occurs – Stop Pain & Antibiotic Medication Until Next Day
- If Nausea Persists – Call The Doctor

- Promptly Notify The Doctor If You Have Serious Concerns
- Do Not Drive, Operate Heavy Equipment Or Enter Into Any Legal or Financial Agreements for 24 Hours

After your surgery you will be on a **NON-PARTICULATE** (no particles), **LIQUID** diet for 48 hours unless otherwise indicated.

Examples of foods you **MAY** have during the first 48 hours after surgery:

Nutritional Shakes
(Boost, Ensure, Slim-Fast)
Broth
Tomato Soup (no crackers)
Yogurt (no fruit or seeds)
Pudding
Jello
Shakes
Baby foods (pureed)

****All foods should be at approximately room temperature****

Examples of foods you may **NOT** have until 48 hours after surgery:

Crackers
Bread
Scrambled eggs
Applesauce
Mashed potatoes
Pasta
Oatmeal
Crunchy Items (chips, etc)
Rice

REMEMBER—NO STRAWS, NO SMOKING, NO SPITTING, NO CARBONATION, NO CAFFEINE

ADDITIONAL INSTRUCTIONS:

- If Prescribed Peridex, Start On The Third Day After Surgery. Use Twice a Day: Once In The Morning & Once In The Evening. (Nothing to eat or drink 30 min after rinsing).