

**The Houston Dentists
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Post Operative Instructions /After Oral Surgery

Try to take it easy for the next 12 hours or so. Be good to yourself, YOU DESERVE IT!

Swelling:

For the next two- or three-hours place ice packs on the area(s) of the face corresponding to the surgical site(s) for 20 minutes on, 10 minutes off. This will help control the swelling.

Smoking:

Please avoid smoking! Smoking can greatly increase your chance of post-operative infection.

Fever:

You may experience slight fever or chills. Don't be alarmed unless it persists for more than 24 hours. Please call us back, if it rises above 101 degrees.

Bleeding:

Some slight bleeding or oozing from the surgical site is normal. However, if continuous bleeding occurs, moisten gauze pads or tea bags and place one on the cheek side and one on the tongue side of the site and apply continuous, firm pressure on the areas for 10 minutes without removing them to check it. if that does not work, please give us a call.

Medications:

Please take or use all medications, as directed. This will help with the healing and pain control.

Oral Hygiene:

In the area of the surgery, brush the chewing surfaces of your teeth gently, as often as you normally would do so. Rinse your mouth with water after every meal. clean your teeth as you normally would except at the surgery site. Remember, wounds heal better when they are kept as clean as possible.

What Can You Eat?

Start with liquid or very soft food for the first day or two. Gradually progress to harder foods.

Some suggestion for the first day:

Ice Cream	Yogurt	Carnation Instant Breakfast	Jell-o	Fruit Juices	Malts
Egg Salad	Popsicles	Pudding	Soups	Pimento Cheese	Iced Tea
Canned Fruits	Milkshakes				

AVOID:

POPCORN, NUTS, CHIPS, TACO SHELLS, SEEDS, and any other hard small food that could work its way under the gum. Also, avoid highly seasoned foods, tart fruit juice, or alcoholic beverages. These foods may cause some temporary discomfort.

Some Suggestions For "Firmer" Foods:

Warm cereals like Oatmeal or Cream of Wheat, Eggs, Meat Loaf, Spaghetti and Meat Sauce,

Noodle Casserole, Soups and Stews, Macaroni and Cheese Vegetables such as soft beans, English peas, potatoes, squash, carrot and creamed corn. These are only suggestions. Nutrition is important, so if you don't feel like eating a big meal, you might consider eating several smaller meals.

For Patients Who Have Dressing

If a dressing was placed it should remain in place for at least a few days. If the dressing comes out, do not worry about it, unless you are uncomfortable. Do not hesitate to call us, if you are uncomfortable.

Your Next Appointment:

Your next appointment will be in about two weeks to check your healing and do minor touch ups if needed.

Questions:

Please call us at 713-668-7137 if you have any questions or concerns.