

8. **DIET FOLLOWING INTRAVENOUS ANESTHESIA:** Maintaining an adequate level of hydration is important for patients who have undergone intravenous anesthesia. Water or other clear liquids are recommended as soon as possible. Full liquids may be taken after the patient has demonstrated the ability to tolerate clear liquids. Solid food can be taken after the patient has successfully taken liquids.

NOTE: Patients undergoing extensive surgery may be limited to soft foods and/or liquids for several days.

9. **SMOKING:** Patients are advised to avoid smoking for at least seven days following most surgical procedures.
10. **FOLLOW-UP EXAMINATION:** It is routine to have a follow-up appointment after many surgical procedures.

Follow-up Appointment Required:

No

Yes Date: M T W T F _____

Time: _____ AM / PM

POST-OPERATIVE INSTRUCTIONS



PENINSULA
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Post-Operative Instructions

1. **AFTER HOURS EMERGENCIES:** An Oral and Maxillofacial Surgeon is available at all times. If needed after hours, the surgeon on call can be contacted by calling the office.
2. **BLEEDING:** A small amount of bleeding is expected for several hours. If excessive, place a folded piece of gauze directly over the wound. Place firm pressure on the gauze (by biting if possible) for thirty minutes. Repeat as needed. It is necessary to swallow saliva since excessive moisture may impair the formation of a blood clot.
3. **PAIN:** Your surgeon will give you a prescription for medication to help control post-operative pain (if significant pain is anticipated). Take the medication as directed. If narcotic medication was prescribed, take the medicine only if need. All medications have potential adverse side effects. Discontinue the medications if you experience any adverse effects. **NOTE:** Medication is intended to help manage post-operative pain but unfortunately cannot be expected to completely eliminate pain. Do not exceed the recommended dose.
4. **NAUSEA:** Nausea is a common problem encountered after surgery. Common causes of nausea include the ingestion of blood, after effects of general anesthesia, adverse effects of pain medication, and adverse effects of antibiotics. The most likely source of nausea after surgery are the narcotic medications prescribed to help control pain. If significant nausea persists, call the office.
5. **SWELLING:** Following many surgical procedures, swelling and/or discoloration may occur. The placement of cold packs to the face for the first 12 hours after surgery may help minimize this condition. Apply cold packs to the face intermittently (30 minutes on then 30 minutes off.) When swelling occurs, it usually lasts 3-7 days and will gradually subside.
6. **ORAL HYGIENE:** Do not rinse for about 12 hours following surgery. After that, rinse the mouth frequently with saline (salt water). Patients may brush their teeth on the day after surgery however it may be necessary to avoid brushing teeth immediately adjacent to surgical wounds. It may take several days before a patient is able to tolerate brushing next to surgical wounds.
7. **INTRAVENOUS ANESTHESIA:** All patients who have undergone intravenous anesthesia should limit their activities and rest at home on the day of the procedure. These persons should not operate machinery or drive motor vehicles on that day. Occasionally patients who have had intravenous anesthesia may experience a feeling of fatigue for a day or two. Activities should be limited until this has passed.