
PINEY POINT ORAL & MAXILLOFACIAL SURGERY, P.A.

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Routine Post-operative Instructions

Bleeding

Keep pressure over extraction (surgery) site with gauze for forty-five minutes. If bleeding continues, place a fresh gauze pad over extraction (surgery) site and bite hard, applying pressure to the area for forty-five minute intervals until the bleeding stops. It is not unusual for saliva to be slightly blood-tinged for several days, following surgery.

Medication

Take pain medication as instructed by the doctor. The first dose should be taken with a clear liquid such as Coca-Cola, tea or Seven-up. After the initial dose, do not take pain medication with just water on an empty stomach. Take the second dose as soon as you feel discomfort after you have had something to drink (soup, milkshake, etc.). Repeat pain medication every three or four hours as needed for discomfort. It is not unusual to feel drowsy or dizzy as long as you are taking pain medication. If these symptoms should occur, do not drive an automobile or operate machinery. If antibiotics are prescribed you may begin taking them four hours after surgery and you should continue taking them, as directed, until finished. If any unusual symptoms should occur (nausea, vomiting, skin rash, diarrhea, etc.), discontinue the medications and call this office immediately.

Smoking

Avoid smoking for at least forty-eight hours following surgery.

Rinsing

Avoid all rinsing for at least six hours after surgery. Beginning the day after surgery you should rinse gently with mouth wash (Chloraseptic, Cepacol, or Listerine) diluted ½ with water at least three to four times daily, especially after eating.

Diet

You should have a LIQUID DIET ONLY on the day of surgery and the day following surgery. It is important that you maintain a high fluid intake (malts, juices, soup, etc.) of several days following surgery. Liquids may be taken beginning three hours after surgery. Beginning forty-eight hours after surgery you may eat soft foods. After that you may progress to anything that you feel you can eat, unless given other specific instructions by the doctor. No alcoholic beverages should be consumed for at least twenty-four hours following surgery, or as long as you are taking medications.