

- b. **HEAT:** 24-48 hours after the surgery, residual swelling and jaw stiffness may be managed by intermittent application of moist heat (moderate) to the area. This can be done with a warm washcloth for periods of 10 minutes, no more than 4 or 6 times a day.

4. NAUSEA:

Nausea may be due to one of the following and can be properly managed: 1) **MEDICATION:** Take with milk or food. 2) **EXCESSIVE SWALLOWING OF BLOOD:** Avoid swallowing of bloods by keeping gauze in place. 3) **IMPROPER NOURISHMENT:** If you can't eat, at least drink liquids to stay hydrated.

5. LIQUID DIET:

You may experience some loss of appetite after oral surgery. This reduction in food intake will affect the normal amount of water you consume, contained in solid foods. It is important to increase fluid intake to compensate and avoid dehydration. Dehydration can lead to fever, flu-like symptoms, and slow recovery after surgery.

- a. Drink 6-8 eight-ounce glasses of water, soup, or juice each day.
- b. Do not use a straw when drinking, the suction action may dislodge the clots.

6. DENTAL SOFT DIET:

It is important to take in nutrients in order for the healing process to progress smoothly. The surgical sites may affect the chewing muscle attachments causing soreness and difficulty chewing. For the first few days a soft diet can provide the necessary nutrients to help in the healing process.

- a. Consider naturally soft foods such as: mashed potatoes, rice, eggs, cereals, fruit salads, and soups.
- b. Avoid very hot or spicy foods for the first five days.
- c. Eat three balanced meals each day.
- d. If you experience a loss of appetite it is imperative to drink fluids.

7. ORAL HYGIENE:

Due to decreased mobility of the oral structures in the post op period, as well as the presence of infection prone tissue incisions, special care must be taken to properly cleanse the mouth to promote normal healing. No rinsing or spitting should be done for the first 24 hours. Starting the next day, toothbrushing may be resumed, taking care to avoid the surgical sites. In addition, the mouth should be rinsed at least four times per day with a mild salt solution (1 cup of warm water plus 1 teaspoon of salt). Continue this for 1 week.

8. ACTIVITY:

Activity for the first 24 hours should be minimal, resting on a couch with head elevated, working with ice packs, etc. Avoid strenuous activities such as jogging, weight lifting, etc., for a week or so depending on the post op condition.

9. EMERGENCIES:

DO NOT HESITATE TO CALL THIS OFFICE IF QUESTIONS OR PROBLEMS ARISE at (405) 455-2552 during daytime or (405) 919-8934 after hours.