



ROYAL

ORAL & MAXILLOFACIAL SURGERY

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Helpful Tips Following Oral Surgery

BLEEDING

Bite down on a sterile gauze pad for thirty (30) minutes. If bleeding does not subside use a fresh pad for an additional fifteen (15) minutes. Do not leave gauze in mouth.

PAIN

Some discomfort may be experienced following oral surgical procedures. The medication I recommended, taken as directed, should relieve the pain

CLEANSING

For 24 hours, does not rinse, spit use a straw or brush teeth. After 24 hours rinse your mouth with warm water several times per day.

SWELLING

Considerable swelling of the jaw may occur. Do not be alarmed as this is normal reaction to irritated tissues. Apply an ice bag or towel wrapped around cracked ice to the affected area for ten (10) minutes. Remove for ten (10) minutes. Repeat this procedure for 48 hours. Thereafter you may apply a warm, moist towel to the affected areas.

EATING

To aid the healing process, it is important to obtain adequate nutrition and calories. If chewing is difficult try blended, smooth and creamy foods such as eggs, soup and casseroles. Sip on juices and other fluids throughout the day. A nutritional energy drink like Boost is a great tasting alternative. Avoid hot foods as the temperature may irritate the mouth. Also food should not be too salty or acidic. Use of a straw is not recommended as the suction created in the mouth may cause bleeding.

IMPORTANT: Remember to call me promptly in case of severe pain, excessive bleeding or any other development.