



YOUR OVERALL RESULT WILL BE DIRECTLY INFLUENCED BY HOW WELL YOU FOLLOW ALL THE INSTRUCTIONS BELOW.

how to control bleeding & swelling

(SOME BLEEDING, SWELLING, SORENESS & BRUISING IS NORMAL POST-OPERATIVELY)

- **Bite firmly on the gauze until bedtime even if the bleeding has stopped** - this will help minimize swelling.
- Change the gauze only when completely saturated with blood and/or saliva.
- Remove the gauze before eating and then replace with fresh gauze after eating.
- Use gauze after bedtime **only** if bleeding persists.
- **DO NOT SPIT** – Use gauze to wipe out any excess blood.
- **AVOID TALKING** – Less talking is better! Please do not answer the telephone when Dr. Krueger calls unless you are home alone at the time. Please have your caregiver answer his phone call.
- Use ice packs **today and tomorrow** (20 minutes on & 10 minutes off) unless otherwise instructed.
- Sit up or semi-recline - **DO NOT LIE FLAT** for the first 48 hours after surgery.
- Patient needs to remain **awake** throughout the day and biting on the gauze until bedtime.
- Sedation medications deposit in a person's fat cells. Patients may become sleepy again once they are home. Please do not be alarmed by this response as it is normal post-operative behavior.
- Take all pain medication & antibiotics as directed. Medications may cause dizziness and/or nausea if not taken with food. Do not take any two different kinds of medications together.
- You may alternate narcotic pain medication and over the counter pain medication every 2 hours as needed.
- **DO NOT: SMOKE OR USE A STRAW FOR 5 DAYS.**
- **DO NOT: DRINK ALCOHOLIC, CARBONATED OR CAFFEINATED BEVERAGES FOR 2 DAYS.**

AVOID SUN EXPOSURE FOR 72 HOURS

bedtime tonight:

- You may brush your teeth **CAUTIOUSLY** unless otherwise instructed.
- **ONE** salt water rinse at bedtime **ONLY** (½ tsp. of salt to 8 oz. of lukewarm water). Let the water fall out of your mouth - **DO NOT SPIT. DO NOT RINSE UNTIL BEDTIME.** Use gauze to wipe out any excess.

instructions beginning on day 2:

The day after surgery, begin rinsing your mouth vigorously with salt water after consuming any liquid or solid food and at bedtime for up to 2 weeks, or as instructed.

- **IF NAUSEA OCCURS:** Stop all pain medications & antibiotics until the next day.
- **IF NAUSEA PERSISTS:** Call the Doctor!
- **DO NOT:** Drive, operate heavy equipment or enter into any legal or financial agreements for 24 hours.

REMEMBER - NO STRAWS, NO SMOKING, NO SPITTING, NO CARBONATION, NO CAFFEINE FOR ONE WEEK IF POSSIBLE.

YOU WILL REMAIN ON A LIQUID DIET FOR THE NEXT 48 HOURS UNLESS OTHERWISE INSTRUCTED.

It is important to eat healthy after surgery and keep well hydrated with plenty of water for excellent healing.
Food should be no hotter than room temperature in the first 24 hours.



harold a. krueger II, dds
oral and maxillofacial surgery

discharge and post
operative instructions
...continued
913.529.5999

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examples of foods you may have WITHIN the first 48 hours:

- Nutritional Shakes (Boost, Ensure, Slim-Fast)
- Broth
- Tomato Soup (no crackers)
- Yogurt (no fruit or seeds)
- Pudding
- Jello
- Shakes
- Baby foods (pureed)

examples of foods you may have AFTER the first 48 hours:

- Crackers
- Bread
- Scrambled eggs
- Applesauce
- Mashed potatoes
- Pasta
- Oatmeal

You may increase your diet as tolerated. Remember to rinse with salt water after consuming any liquid or solid food and at bedtime for up to 2 weeks, unless otherwise instructed.

REMEMBER - NO STRAWS, NO SMOKING, NO SPITTING, NO CARBONATION, NO CAFFEINE FOR ONE WEEK IF POSSIBLE.

ADDITIONAL INSTRUCTIONS: _____

PROMPTLY CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS:
913.529.5999 / fax 913.529.5995 / frontdesk@halkruegerdds.com

REMEMBER - NO STRAWS, NO SMOKING, NO SPITTING, NO CARBONATION, NO CAFFEINE.