



# UNIVERSITY OF UTAH HEALTH CARE

## Maxillofacial Postoperative Instructions

### Discharge Instructions/ Orders General Oral Procedures

The following instructions are meant to help you have a comfortable and smooth recovery from your (specific) oral procedure.

#### **General Discharge instructions:**

1. You must have someone drive you home from the hospital. If you are leaving by taxi you must bring someone else with you to accompany you in the taxi.
2. You will pickup your discharge medications as you leave the hospital at the discharge pharmacy.
3. You should have someone stay with you first night after your discharge.

#### **Medications:**

1. Vicodin or Hydrocodone ( if you area allergic to codeine) will be prescribed for you at discharge.
2. Do not drink alcohol, take tranquilizers or sleeping medications, or any non-prescription medicine for 24 hours.
3. You may resume your pre surgery medications.
4. Other instructions for medications: none

#### **Operative Site:**

1. Ice packs should be applied for at least the first 24 hours and up to 3-4 days for pain and swelling.
2. Keep head elevated for the first couple of days. Sleep on 2 pillows.
3. If you have stitches in your mouth they will reabsorb and fall out in 2-6-weeks
4. Swelling and bruising at the site are to be expected and should subside after 3-4 days.
- 5 Slight bleeding from the incision site for the first day is expected.
6. You may rinse your warm salt water. Oozing should subside after a few hours.

**Do not spit.**

#### **Fluids and Diet:**

1. A soft diet is recommended for the first day or two then you can return to regular diet. You should avoid sharp, chewy foods and foods that may get caught in the operative site (where your stitches are). Example: popcorn, nuts etc.
2. **Do not use straws for 7 days.**
3. **Do not Smoke.**
4. Do not drink alcohol if you are taking pain medication.

**Activity:**

1. You may resume regular activities.
2. You may take a bath or shower upon discharge.
3. Do not drive or operate heavy machinery for 24 hours or if you are taking pain medication (narcotic).
4. Brush your teeth gently and thoroughly after each meal. **Do not brush gum tissue or stitches.**

**When to Notify your Physician:**

1. Brisk bleeding from the procedure site.
2. Marked increase in swelling after the initial swelling has started to recede
3. Severe Pain.
4. Drainage from the incision site.
5. Temperature 101 or above.
6. If you have not had a bowel movement by the 5th day.

**Call the ENT clinic with questions (801) 213-4500 or (801) 587-8368**

Return to the clinic for your scheduled follow-up appointment.

Please take all medications exactly as prescribed. These medicines are important to your health. Detailed information on how to take your medications is printed on your medication bottles.

If prescription refills are required for your medication related to your surgery please call the clinic and leave a message. If any of your regular medications need to be refilled, please call your primary care physician or the pharmacy. Make it a habit to call in your regular medication refills a week in advance. **Note:** Controlled substances (i.e. narcotics) cannot be refilled without a new order from your physician.

If you are concerned that you may be having a drug reaction, such as a rash, shortness of breath, nausea, vomiting or diarrhea, please contact your physician as soon as possible.

If you have questions about your medications, please ask your nurse, caregiver, or pharmacist.

**Notify your primary care practitioner/surgeon for:**

1. Temperature or 101 degrees F or above.
2. Pain unrelieved by medication
3. Persistent nausea/vomiting and/or inability to eat.
4. Increase in fatigue, confusion, or dizziness.

**Call 911 for any Medical Emergency**