



AOS

Advanced Orofacial Surgery inc.

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POST OPERATIVE INSTRUCTIONS

1. BLEEDING, SWELLING AND BRUISING

Surgical sites may start bleeding some hours after surgery, or may ooze for up to 24 hours.

Bite on moistened tea bags for an hour and rest with head elevated on the first night.

Swelling is best controlled by icing the face for a few hours after the surgery.

Bruising is common in fairer skins and will resolve over a week or two.

ARNICA, ST. JOHNS WORT, ASPIRIN AND GARLIC etc. WILL RESULT IN SIGNIFICANT BLEEDING.

DO NOT TAKE THESE FOR TWO WEEKS PRIOR TO SURGERY.

2. STITCHES

Stitches in the mouth will dissolve over a week to ten days and you need not to have them removed.

3. FOOD AND BEVERAGE

Eat soft food for two to five days after surgery, e.g. flaked fish, soup, scrambled eggs, rice, pasta, mash, mince, protein shakes, etc.

Avoid very hot or cold food and drinks for the first twenty-four hours.

Alcohol is not to be consumed for twenty-four hours as it promotes bleeding and infection and hinders the healing process.

4. SMOKING

Smoking delays healing and will result in prolonged episodes of pain.

5. RINSING AND BRUSHING

Rinsing the mouth should only commence the morning after the day of surgery.

Use the prescribed mouth wash and even salt water in between.

It is important to keep wounds clean so brush your teeth but be gentle over the surgical site.

6. EXERCISE

Avoid exercising for five to seven days after surgery.

Contact sport such as rugby or boxing, etc. should be avoided for six weeks after surgery, as the jaw is weakened and could be fractured.

7. GENERAL

All medication should be used as directed.

Should any medicines not agree with you, please discuss this with me before discontinuing.

Should prolonged pain and swelling persist (i.e. longer than seven days and not decreasing in intensity)

please contact my offices. In general, a follow-up visit one week after surgery is recommended to assess your progress.

Everything is being done to make your surgery as comfortable and uneventful as possible.

However, what you do following your surgery is important too.

WISHING YOU A SPEEDY RECOVERY.

Specialist Maxillo-Facial and Oral Surgeon / Spesialis Kaak-, Gesig- en Mond Chirurg

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