



HEMORRHAGE CONTROL

When you leave the office, gauze will be in place at the surgical site. The gauze can be changed if saturated, but should remain in place for 30 to 60 minutes of constant pressure. **DO NOT SPIT OR USE A STRAW** for 24 hours - this causes bleeding by disrupting the blood clot.



PAIN CONTROL

Fill your prescription and take as directed. If you develop hives or a rash, discontinue all medication and contact our office immediately. Patients should avoid alcohol when taking pain medications. Patients taking narcotic analgesics should eat beforehand and should not drive.



SWELLING OR BRUISING

Apply ice pack to your face over the surgical site immediately upon returning home. Keep the ice on for 20 minutes and off for 20 minutes. Repeat this as often as possible but only on the day of surgery. Using ice longer will delay healing. Swelling and bruising is to be expected and will reach its maximum 36 to 72 hours after surgery.



DIET-SOFT FOODS

A soft, bland diet is indicated for the day of surgery and 3-5 days following. Skipping meals may delay healing. Fluids should be increased.



ORAL HYGIENE

On the day of surgery avoid rinsing or brushing your teeth, unless otherwise directed. On the day after surgery, rinse gently with warm salt water, 1 tsp. of salt in 8 oz. of warm water - four times daily. The teeth may be brushed, except at the surgical site. You may resume normal brushing in one week unless otherwise directed by the doctor.



NAUSEA

Small amounts of carbonated water or ginger ale, every hour for 5 hours, should eliminate nausea. Follow regimen with a soft, bland, diet. If nausea or vomiting persists please report to the office.



SMOKING

No smoking for at least **seven** days following surgery. Smoking significantly delays healing and may cause the blood clot at the surgical site to be lost leaving exposed bone. This is called a dry socket.



SPECIAL INSTRUCTIONS

- Get plenty of rest after surgery
 - After incision and drainage of infections do not apply ice or heat to the face. This will inhibit resolution of the infection.
 - Sinus precautions: Sneeze with mouth open, do not blow nose, & keep head elevated
- It is our desire that your recovery be as smooth and pleasant as possible. If you have any questions about your progress or any symptoms that you are experiencing please call our office and our doctor will contact you as soon as possible.

To view the post-operative instructions video:

- Go to our website: mosa4os.com
- Click on **VIDEO** tab
- Scroll down to "post-operative instructions"
- Click on the arrow to start the video

****Please note that when the video starts, it will say "Informed Consent: This will be immediately followed by the start of the post-operative instructions section."*

OFFICE LOCATION & PHONE NUMBERS

ANNAPOLIS	410-897-0111
BETHESDA	301-984-9111
COLLEGE PARK	301-345-7007
CROFTON	410-721-0700
FREDERICK	301-698-5208
LAUREL	301-953-1888
ROCKVILLE	301-340-0101
SILVER SPRING	301-593-8077