The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after your surgery only.

Medications:
- Prescriptions sent home: ________________________________
- Non-aspirin over the counter medicine for pain: ________________
- Start own medicines.

Diet:
- Usual diet.
- Drink plenty of liquids today. Begin soft foods tomorrow.
- Do not chew on affected areas until follow-up appointment with your doctor.

Activity:
- May return to work / school on: ________________________________
- Limit activity for 24 to 48 hours.

Wound Care and Hygiene:
- No rinsing, spitting, smoking, sucking through a straw or hot foods for the first 24 hours.
- After 24 hours, you may rinse with warm salt water. Mix ½ teaspoon salt in 8 ounces or 1 cup warm water. Rinse with the warm salt water every 2 hours.
- Do not use mouthwash for _____ days.
Resume brushing and flossing your teeth. Avoid the surgical area for _____ days.

If bleeding occurs, moisten a piece of gauze and fold it to fit over the area that is bleeding. Apply pressure by biting down firmly on the gauze for 30 minutes. Repeat this process if bleeding continues.

**Anesthesia Precautions and Expectations:**

- After anesthesia, rest for 24 hours. Do not drive, drink alcohol or make any important decisions during this time. General anesthesia may cause a sore throat, jaw discomfort or muscle aches. These symptoms can last for one or two days.

**What to Expect After Surgery:**

- Moderate discomfort in the ears, under the lower jaw and on the side of the head.
- Some nausea and vomiting may occur.
- Some swelling in the jaw area. Ice packs (15 minutes on then 15 minutes off) applied to both sides of the jaw can help reduce swelling.
- Small amount of bleeding from surgery.

**Call Your Doctor for:**

- Heavy oral bleeding not relieved by applying pressure with oral gauze for 30 minutes.
- Increased pain not relieved by prescribed medicines.
- A temperature above 101 degrees.

---

**Other Instructions:**

- Call your doctor's office at __________ to make a follow up appointment in ________ weeks.
- If you have questions or problems, call your doctor's office at __________.
- If you are unable to reach your doctor, call:
  - Ambulatory Surgery Unit at (614) 293-8795
  - The hospital operator at (614) 293-8000. Ask for the resident on call for your doctor.
  - (614) 293-8333 - OSU Emergency Department

---

Physician's Signature / Date

Nurse's Signature / Date

I have a copy of and understand the above instructions:

Patient or Responsible Person