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POST-OP INSTRUCTIONS: INCISION & DRAINAGE

What can I expect after the drainage Procedure?

- Bleeding and fluid drainage: It is normal for your surgery site to ooze with blood along with drainage fluid from the infection.
 - ◆ Apply pressure with gauze to stop bleeding and alert Dr. Mueller if you have more than mild oozing.
- Drain: You may have a drain placed to help get rid of the infection. It is important to leave this drain in place until removed by Dr. Mueller. This drain prevents the gums from closing too early and assists with removal of the infected fluid.
 - ◆ Follow up with Dr. Mueller in the next day or two (2) to make sure that your infection is improving and so that the drain may be removed.

What medications do I need to take?

- Antibiotics: Take your antibiotics as prescribed until they are gone, even if your swelling has gone down. Stopping your antibiotics too early may increase your risk of having the infection return. Alert Dr. Mueller if you have any difficulty obtaining your prescription, taking your prescription as directed, or if you have a reaction to the medications.

What are my diet instructions?

- Soft foods: Stick with soft foods and AVOID crunchy foods that may get stuck in your surgery site or dislodge the drain. AVOID foods that are too hot as this may promote bleeding.

ADDITIONAL SELF CARE TIPS

1. Apply warm compress to the outside of your face.
 - Cold icepacks may delay healing from infections and should be avoided.
2. Gently massage the outside of your face where you may have swelling. This may help the infection drain and speed your healing.
 - Swelling may increase for a few days after your surgery before getting better.
3. Consider sleeping with your head elevated which may help reduce swelling.
4. Brush all of your teeth twice per day with a soft toothbrush. Make sure to keep your mouth as clean as possible.
5. Starting one (1) day after surgery gently rinse your mouth with warm saltwater (1/2 tsp of salt in 8oz warm water) twice per day.
 - DO NOT swish. Swishing vigorously may promote bleeding or displacement of drains.
6. If you smoke, AVOID smoking for as long as possible following surgery.
 - The use of tobacco delays healing and may lead to other complications including oral cancer. We strongly recommend avoiding tobacco products. Please ask your provider for assistance and resources to help you quit! Your dental team would love to support you.