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ORAL AND MAXILLOFACIAL SURGERY  
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*Dr. Mary Anne Checchio*

**POST OP INSTRUCTIONS**

- 1. DIET:** When the patient goes home, remove the gauze and immediately eat something. Eat something solid; such as eggs, mashed potatoes, pancakes or a hamburger if able to tolerate. **AVOID** foods that are hot (temperature), spicy, crunchy (chips, nuts, seeds, popcorn) or acidic (pineapple or orange juice). Eat something every 2 hours and drink anything without caffeine or carbonation every hour. Do not take any medications on an empty stomach.
- 2. MEDICATIONS:** It is recommended that the patient take up to 600 mgs of Ibuprofen along with (1) extra strength Tylenol every (6) hours. Do not exceed this dosing.
  - a.** Depending on the diagnosis, the patient may or may not have been prescribed an antibiotic. If Doctor has prescribed and antibiotic, please take this medication as prescribed. Eat before taking medications and avoid alcohol until completing all of the prescribed antibiotics.
  - b.** If the patient develops hives, chest tightness, a bright red rash, swelling of the lips, tongue or eyes, go to the nearest hospital Emergency Room and please call Dr. Mary Anne after.
- 3. Activity:** Once the patient has eaten and taken their medications, they should rest. Lie down on their back with head propped up on 4 or 5 pillows or in a recliner. The patient's head should always above their heart. Apply ice to the cheeks 30 minutes to two hours ON and 30 minutes OFF, alternate for the first week. Using ice for one week will not only help with swelling and bruising, but will also help with pain. No physical activity, such as lifting weights, moving furniture, sports or any strenuous activity for at least (5) days.
- 4.** Stretch the jaw (10)-(20) times per hour by opening wide and closing slowly.
- 5. BLEEDING:** When placing the gauze, make sure to fold the gauze in squares and dampen with warm water. Place the gauze right on top of the surgical site and bite down as hard as possible. Leave the gauze in place for 30 minutes. When changing the gauze, look at the surgical sites. If blood is just oozing, the patient is okay. Take the gauze out and leave it out. If blood is pouring out of the surgical site(s), take a brand new tea bag, wrap a new piece of gauze around it, make it damp, place it in the surgical site and bite down for (1) hour. The tannic acid in the tea and the pressure from biting down, will help the patient form and maintain a blood clot. If bleeding continues to be excessive, call the office.
- 6. SUTURES:** The patient will have dissolvable sutures place in the surgical area(s) for better healing. Those sutures will fall out anywhere from the day of surgery to up to (3) weeks after surgery. If the patient is bleeding when they fall out, follow the BLEEDING protocol above. If the sutures bother the patient in any way, please call the office and we will be happy to see the patient.
- 7. ORAL HYGIENE:** (24) hours after the procedure, the patient can brush their teeth. Be careful around the surgical area(s). In addition, the sutures may fall out or the surgical area may bleed again (follow the BLEEDING protocol above). When ready to rinse, mix 8 ounces of warm water with ½ teaspoon of salt. Sip the warm salt water and gently roll it around in the mouth. NO swishing, NO mouthwash and NO spitting for (2) weeks. Lean over the sink and let the warm salt water fall out.

**Dr. Mary Anne or one of her assistants will call from the office the evening of the surgery. If there are any questions, problems or concerns, please call the office. If calling after office hours, all phone calls will be answered by the service. If you wish to speak to the doctor, please let them know and they will contact her. If you do not hear back from the doctor within 10 minutes, please call back.**