Emergency Oral Surgery Post-Operative Discharge Letter

Date: [Date]

Patient Information

Patient Name: [Patient Name]

Date of Birth: [DOB]

Procedure Performed: [Procedure Name]

Surgeon: [Surgeon Name]

Immediate Aftercare Instructions

- **Bleeding:** Keep firm pressure on the gauze pack for 30-60 minutes. If bleeding persists, replace with a fresh gauze or a moistened tea bag.
- **Pain Management:** Take prescribed pain medication as directed before the anesthesia wears off. Do not exceed the recommended dose.
- **Swelling:** Apply an ice pack to the outside of the face in 20-minute intervals for the first 24 hours.
- **Diet:** Stick to soft foods (yogurt, pudding, mashed potatoes) and cool liquids. Avoid hot foods, spicy foods, and straws for 48 hours.
- **Oral Hygiene:** Do not rinse, spit, or brush near the surgical site for the first 24 hours. After 24 hours, rinse gently with warm salt water.

Activity Restrictions

Avoid strenuous physical activity, heavy lifting, or bending over for at least 48 hours. Keep your head elevated when resting.

Tobacco/Alcohol: Do not smoke or consume alcohol for at least 72 hours, as this significantly increases the risk of infection and dry socket.

Emergency Warning Signs

Contact our office or seek emergency care immediately if you experience:

- Uncontrolled bleeding that does not stop with pressure.
- Severe pain that is not relieved by medication.

- Difficulty breathing or swallowing.
- Excessive swelling that worsens after 3 days.
- High fever or chills.

Follow-Up Appointment

Date: [Follow-up Date]

Time: [Follow-up Time]

Location: [Clinic Address]

Clinic Contact Number: [Phone Number]

After-Hours Emergency: [Emergency Number]