

Post-Op Instructions: Incision and Drainage

- 1. Pain Control:** Non-steroidal anti-inflammatory medications (NSAIDs), such as **Motrin & Ibuprofen** will generally relieve pain when in doses of **600-800mg (3-4 tabs) every 6-8 hours**. Set an alarm clock and take Ibuprofen around the clock for the first two days after surgery, regardless of pain level. Narcotic pain medications are for breakthrough pain only, which means you only use a single tab as needed every 4-6 hrs for pain that is not managed with NSAIDs. Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or make important decisions. You should never mix narcotic medications with other sedative medications, including drinking alcohol.
- 2. Swelling:** To keep swelling down is to keep pain down!
 - Rest: Avoid activity that will elevate your heart rate for the next 7 days.
 - Ice: Apply an ice pack to the jaw for 20 min at a time for the first 24 hrs.
 - Compression: A firm wrap around the jaws can help with swelling.
 - Elevation: Keep your head elevated for the first 3 days while sleeping.
 - Apply warm heat to the affected neck or skin after 48 hrs.
- 3. Diet:**
 - 5 days of liquid only diet is encouraged.
 - Stay well hydrated with water. At least 1L daily is a good goal.
 - Nutrition supplements may be required. Consider protein shakes and smoothies without seeds to keep protein intake high.
 - After 5 days you may advance your diet to soft foods.
- 4. Drain Management:** If a drain was placed, please adhere to the following:
 - Irrigate along the length of the drain as demonstrated by our staff three times daily with warm saline. Mix 1 tsp of salt in a glass of warm water and gently rinse for 1 min, and then gently spit out.
 - The drain will be removed once swelling and exudate has resolved (usually 3-5 days after incision and drainage)
 - Avoid foods with seeds and particles.

5. **Bleeding Control:** Remove the gauze pack after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, place a roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. If bleeding persists or becomes concerning call Dr. Clark immediately and go to the closest ER.

6. **Nausea:** Take an anti-nausea medication if prescribed to you. A small amount of carbonated drink (ginger ale) every hour for 5-6 hours may help. Follow this with mild tea or clear soup. If nausea continues, please contact our office.

7. **Oral Hygiene:**
 - If you smoke cigarettes or Vape, please stop for at least two weeks.
 - Please brush all your teeth twice daily
 - Rinse your mouth twice daily with the prescribed Peridex oral rinse or salt water as described above

8. **Antibiotic:** Antibiotics will be prescribed based on unique circumstances of the infection we have treated. Please take the specific antibiotic as instructed. If you do not have improvement after three days we may change antibiotics or additional surgery may be required.

Thank you for trusting our team with your care! **Please call Dr. Clark at 503-927-6845 for any after hrs concerns or questions.** If there is an emergency please go to the closest ER and call Dr. Clark on his cell phone. Emergency situations would include: rapidly increasing swelling causing difficulty in breathing, swallowing or speaking.

During regular office hours please reach us by phone or email with any questions or concerns.

208-831-2900

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