

Post Operation Care for Oral Maxillo Facial Surgery

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ABSTRACT

Any oral-maxillofacial surgery can be considered a serious surgery. Post-operative care is extremely important. Unnecessary pain and therefore the complications of infection and swelling may be avoided by taking caring.

INTRODUCTION

Immediately Following Surgery

- The gauze pad put over the surgical region ought to be kept in situ for one hour. After this point the gauze pad should be removed and discarded. It is often replaced hourly if desired.
- Vigorous mouth washing or touching the wound zone taking after surgery ought to be avoided, or it's going to cause bleeding by causing the clotting of blood that has formed to become dislodged.
- Take the prescribed pain medications as soon as you start to feel discomfort. Take all pain pills with food to maintain a strategic distance from nausea.
- Place ice packs to the edges of your face where surgery was performed. Discuss with the section on swelling for explanation.
- Do not smoke! Smoking greatly increases post-op pain.

Bleeding

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness inside the saliva isn't uncommon. Excessive bleeding appear in addition be controlled by to begin with washing or wiping unspecified clots from your mouth, at that point placing a gauze pad over the wound and biting immovably for an additional sixty minutes. Repeat if necessary. In case bleeding proceeds, bite on a dampened tea bag for thirty minutes. The tannin within the tea pack helps to create a clot by contracting bleeding vessels

Swelling

The swelling that's normally expected is typically proportional to the surgery involved. Swelling round the mouth, cheeks, eyes, and sides of the face isn't exceptional. The swelling won't finish up clear until the day taking after surgery and cannot reach its maximum until 2-3 days post-operatively. The swelling might also

be minimized by the prompt use of ice packs. Two baggies stuffed with ice or ice packs got to be associated to the edges of the face where surgery was performed. The ice packs ought to be cleared out on persistently whereas you're awake. After 48 hours ice has no useful impact. If swelling or jaw firmness has continued for a few days, there's no cause for alarm. this is often a conventional response to surgery.

Pain

For severe pain take the tablets prescribed as directed. The prescribed pain medicine will cause you to drowsy and can prevent your reflexes. do not drive an automobile or work around machinery. a piece excuse has been provided. Avoid alcoholic beverages. Pain or inconvenience following surgery ought to subside increasingly a day. Motrin, Advil, or Ibuprofen (if not allergic) are often taken between pain pills. Apply a hot pad after 48 hours to decrease swelling which can decrease pain.

Diet

After general anaesthetic or I.V. sedation, liquids should be initially taken. Don't use straws. Drink from a glass. The sucking movement can cause more bleeding by dislodging the grume. You'll eat anything soft by chewing far away from the surgical sites. High calorie, high protein intake is extremely important. Nourishment should be taken regularly. You ought to prevent dehydration by taking fluids regularly. Your food intakes are going to be limited for the primary few days. You ought to catch up on this by increasing your fluid intake. A minimum of 5-6 glasses of liquid should be taken daily. Try to not miss one meal.

Keep the mouth clean

You can brush your teeth the night of surgery but wash delicately. The day after surgery you ought to begin rinsing a minimum of 5-6 times each day, especially after eating, with a cup of warm water mixed with a teaspoon of salt.

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Discoloration and Bruising

In a few cases discoloration of the skin follows swelling. The event of dark, blue, green, or yellow discoloration is because of blood

spreading underneath the tissues. This is often a traditional post-operative occurrence, which can occur 2-3 days post-operatively. Moist heat applied to the wound after 48 hours may speed up the removal of the discoloration.