

ORAL FACIAL SURGERY INSTITUTE



WOUND CARE INSTRUCTIONS FACE/NECK ORAL AND MAXILLOFACIAL SURGERY

- Keep head of bed elevated for one week after injury/surgery to minimize swelling.
- Ice pack over wound intermittently for the first 48 hours after injury/surgery to minimize swelling.

A. Wounds with Steri-Strips (white paper band-aids)

- Must be kept clean and dry for one week.
- OK to shower from the neck down; wash remainder of face with hand cloth, warm water and soap.

Hair Washing

- Hold a dry towel over the wound site and have a family member wash your hair in a sink (similar to in a beauty parlor), keeping wound dry and clean.

B. Wounds without Steri-Strips (white paper band-aids)

- Clean twice a day with hydrogen peroxide on a Q-tip swab to remove all eschar (scab) for two (2) weeks.
- Then apply a thin application of antibacterial ointment (polysporin or bacitracin) twice a day for the first three (3) days.
- OK to shower 48 hours after injury/surgery; but do not allow water to directly pulsate on the wounds; blot dry, do not scrub or rub.

C. Intra-oral Wound Surgery (surgery inside the mouth)

- OK to use toothbrush and paste beginning 24 hours after surgery, avoid contact at surgical site.

Mouth Rinse

- Salt water rinse (1/4 teaspoon salt in 8 oz. warm water). Beginning 24 hours after surgery, rinse vigorously 3-4 times a day especially after meals and snacks.
- Avoid over-the-counter mouth rinses.
- Use prescription mouthwash (Peridex) if prescribed, one cap full, twice a day, swish and expectorate (spit).