

Frequently Asked Questions for Caretakers Following Surgery

When can they eat or drink?

Please ensure that the patient does not eat or drink with gauze in their mouth. The patient can have sips of water and small amounts of food immediately after surgery. We do not recommend consuming a lot of food before the bleeding has stopped substantially because swallowing too much blood can cause an upset stomach.

How long do they need to have gauze in their mouth?

The gauze should be changed roughly every 20-30 minutes, depending on how heavy the bleeding is. Gauze no longer needs to be placed once it comes out a pale pink after 20-30 minutes.

How do I make the gauze?

Each wad of gauze is composed of two individual pieces of gauze. Wet one piece of gauze, ball it up, and wrap the dry piece of gauze over it.

How long will they be numb for?

About 6-8 hours.

When will the sleepiness wear off?

Everyone metabolizes the drugs used during anesthesia differently, but typically, all sleepiness should be gone by the end of the day.

When can they sleep?

Please ensure patients sleep slightly propped up. The patient can sleep once the bleeding has stopped enough so that gauze no longer needs to be placed (see above).

How long do they need to sleep propped up for?

Through the first three nights following surgery.

Can they wear their retainer?

Yes, as long as it does not feel irritating to the surgical site.

What kinds of food can they eat?

Patients should stick to a softer diet for the first week. E.g. pasta, pudding, mashed potatoes.

When should we start the pain medication?

4-5 hours after surgery.