

POST-SURGICAL INSTRUCTIONS

BEFORE YOUR SURGERY:

Take all regular prescribed medications. **Eat well before your surgical appointment.**

DISCOMFORT:

Discomfort is expected and is usually controlled with the pain medications prescribed. It is not unusual to have more discomfort the second or third day following surgery than the day of surgery. The discomfort usually will disappear shortly after the sutures have been removed and the dressing changed. You may experience a feeling of slight weakness, chills or fever during the first 48 hours.

ACTIVITY:

After leaving the office, relax for the remainder of the day. Keep your head elevated. Avoid strenuous activity for several days. Sunbathing should be avoided for two days to avoid swelling and fatigue.

SWELLING:

Some swelling may be present the day after surgery and usually peaks at 48 to 72 hours after surgery. This should disappear after 6 to 7 days. Sip ice water, ice tea or similar cold liquids to keep the surgical area cold for the remainder of the day. Do **not** use a straw, as suction can start bleeding. Swelling can be minimized by placing an ice pack on the outside of the face. Take the ice pack off every 20 minutes for about 5 minutes. Keep your head elevated and sleep with 2-3 pillows the first day after surgery. Bring ice packs, if coming from distance.

BLEEDING:

There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of the saliva for several hours. If there is considerable bleeding beyond this, wipe the area, locate the bleeding and apply uninterrupted pressure to the inside of the mouth for twenty minutes. Use either a moist gauze or moist tea bag to apply pressure over the area. If there is no change in the amount of bleeding call the office or the doctor at home.

EATING:

It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods can be eaten. Try to avoid spicy, crusty, acidic or seedy types of food. Chewing should be done predominately on the side opposite the surgical site. It may be necessary to eat soft foods for several days if chewing is uncomfortable. To avoid medication side effects and a light headed feeling, be certain to have food in your stomach.

CARE OF THE DRESSING:

If a dressing has been placed over the surgical site, avoid touching it as much as possible. The dressing is primarily for your comfort and to protect the surgical area during healing. If the dressing should become loose or fall off, and there is no increase in the level of discomfort, it is o.k. to leave it off. Please call the office to inform the doctor.

ORAL HYGIENE:

It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing. Where there is dressing, brush the tops of the teeth lightly. Use the anti-microbial rinse or gel as prescribed.

MEDICATIONS:

Please follow the instructions on the bottle for any medication prescribed. Be sure to take all medications with a full glass of water and food in your stomach. If adverse reactions to those medications should arise, such as nausea, itching, swelling or any allergic symptoms please discontinue the medication and contact the office. If you need more medication, please call us.