

SURGICAL POST-OPERATIVE INSTRUCTIONS

NO SMOKING

RINSING

1. Do not rinse your mouth or brush your teeth for 24 hours.
2. After 24 hours start to rinse gently four times a day with warm salt water (1 tablespoon salt in an 8oz glass of Warm water.)
3. Use your mouth rinse as prescribed.
4. Remember that a clean wound heals better and faster.

SWELLING

The amount of swelling depends on the difficulty of the surgery and on the individual. It peaks in 72 hours and lasts about a week.

TO HELP REDUCE THE SWELLING: Apply an ice pack to your face (cheeks) 20 minutes on and 20 minutes off (as often as you can, working around your schedule) for the first 3 days. After 3 days, discontinue the ice and instead apply a warm, damp towel or heating pad to the swollen area. Continue this until the swelling is resolved.

PAIN

After surgery, you will experience some pain for at least 2-3 days. Medications will be prescribed to you to control pain. Follow these instructions:

1. Have the prescriptions filled as soon as possible by a Pharmacist.
2. Use the medications only as prescribed.
3. Take the pain medication before the numbness wears off.
4. Do not drive or perform activity that you will be held responsible for while taking pain pills.

Pain pills such as

Tylenol 3 and Percocet contain narcotics.

5. DO not drink alcohol when taking narcotics.
6. Avoid taking medication on an empty stomach. Take with yogurt, pudding, applesauce, jello, soup, etc.

NAUSEA

Post-operative nausea may be due to narcotic pain relievers. It may help to take food along with your pain pills, as the narcotics cause more upset on an empty stomach. If necessary, Gravol may be purchased at most pharmacies and should be taken as directed.

FEVER

A slight fever is expected for a few days. If the fever is high or prolonged, notify our office.

BRUISING

Bruising of the skin is variable and is not cause for alarm. It can be extensive at times.

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DIET

After the surgery, drink plenty of liquids such as fruit juices, iced tea, Gatorade, Boost, warm tea or broth.

- Avoid hot liquids and spicy foods
- DO NOT drink alcohol for 24 hours, or while taking narcotics.
- DO NOT drink through a straw for 24 hours following surgery.

You may start on soft foods the day after surgery, and continue altering your diet as chewing becomes more comfortable. No hard chewing over the area of surgery.

SUTURES

The sutures (stitches) are dissolvable and may fall out or dissolve after 7-10 days.

EMERGENCY

If you need assistance, please contact the office. Should this office be closed, please seek care at the nearest Hospital Emergency Department.



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