

Appointment time and date:

POST SURGICAL INSTRUCTIONS

Activity: Keep activity level to a minimum on the day of the surgery as well as 2-3 days after. If you lay down use 2-3 Pillows to keep your head elevated. Limit smoking as it contributes to delay of healing.

Ice Packs: Following surgery ice packs should be applied to your face over the areas operated on for 20 minutes on and 20 minutes off and should be continued for several hours as it helps prevent pain and swelling. Some facial discoloration to the skin may occur.

Salt water rinses: You may rinse with a solution of $\frac{1}{2}$ tsp of salt in a glass of warm water. Do not swish vigorously or spit the water out of your mouth, just let it drain from your mouth.

Brushing: Avoid brushing the surgery site for 2 weeks. The day after your procedure you can resume your normal brushing and flossing everywhere else in your mouth.

Sutures: Most sutures will dissolve in approximately 3-4 days and some in about 1 month. If the stitches need to be removed the assistant will do so during the 2 week post op appointment.

Bleeding: There is likely to be some oozing of blood from the surgery site for several hours following your visit. You may gently rinse with cool liquids. If site starts to bleed, take damp gauze and apply FIRM pressure for 20 minutes. If there is excessive bleeding, soak a black tea bag (NOT HERBAL Tea) in cool water and place it on the area with firm, steady pressure for 20 minutes. The tannic acid in the tea is a vasoconstrictor (it stops the bleeding). This should be sufficient to control any bleeding, but if it does not stop, please call the office or provider's personal number given to you at the time of the procedure.

Prescriptions and pain medication: You may have 1 or 2 prescriptions; an antibiotic and pain medication. Take the entire antibiotic prescription as directed if prescribed; this will be your most important medication. If you can, take 600-800mg of Ibuprofen (Advil) or 440-660mg of Naproxen (Aleve), first. This will reduce inflammation and pain. For severe pain, take 600-800mg of Ibuprofen (Advil) or 440-660mg of Naproxen (Aleve), wait 3 hours take the prescription narcotic. Continue to alternate every 3 hours as needed for up to 3 days. DO NOT alternate the prescription with Tylenol. You can however alternate the Advil or Aleve with Tylenol. If your stomach becomes severely irritated or you develop hives, discontinue the medication and call our office. ALL medication should be taken with food.

Eating: Avoid hard foods that require heavy pressure to chew. A partial list of foods that require little chewing include fish, soup, bananas, cheese, Instant breakfast, eggs, ice cream, ground meat, applesauce, milkshakes, Nutriment, noodles, chicken, yogurt, Jell-O, custard, pancakes, pudding, rice, and cottage cheese.

Please keep in mind that peak swelling is typically 3-4 days after your procedure.

If you have any questions, unusual bleeding, or severe pain please call (720) 522-2000 during office hours.