

## Post-Operative Instructions (General)

- I. To Limit Swelling
  - Place an ice pack on your face over the treated area (15 minutes on, 15 minutes off). Repeat this cycle at least 2-3 hours or until retiring. Swelling is a normal response to the surgery we have performed. Normal swelling sometimes begins as late as the 3<sup>rd</sup> or 4<sup>th</sup> day following surgery.
- II. To Control Discomfort:
  - Take your prescribed medications as directed.
  - Avoid chewing on the treated area.
  - Avoid eating hard foods (nuts, apples, carrots, etc.)
- III. Bleeding:
  - a. Do not rinse vigorously for 24 hours.
  - b. Avoid strenuous activity for 2-3 days.
  - c. Your saliva may be blood tinged for a few days.
- IV. Diet:
  - a. A good diet is essential to quick and comfortable healing.
  - b. Increase your fluid intake.
  - c. Softer foods are preferable for the first 24 hours.
- V. Oral Hygiene:
  - a. Do not brush or floss in the treated area for two weeks
  - b. Maintain your oral hygiene in all other areas.
  - c. Rinse as directed with the prescribed antibacterial mouth rinse.
  - d. Smokers are advised to refrain from smoking for at least 3 days after surgery.

We have tried to anticipate all of your post-surgical needs and answer all questions. In the event that any condition arises that may cause you concern, please call the office.

