



Surgical Instructions

Surgical Post-Operative Instructions

- 1• ACTIVITY:** After leaving the office, relax for the remainder of the day. Avoid strenuous physical activity during your immediate recovery period, usually 2 to 3 days.
- 2• SWELLING:** Some swelling may be present the day after the surgery and may peak at 48-72 hours after surgery. In order to minimize swelling following surgery, apply an ice bag wrapped in a towel to the outside of the face in the operated areas. Apply for 15 minutes and rest for 15 minutes, for a period of 4 hours.
- 3• BLEEDING:** There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours, (bright red) is not to be expected. Should bleeding occur, place a moistened tea bag (not herbal tea) over the area and hold it against the bleeding area. It may take several minutes before the bleeding stops. If there is no change in the amount of bleeding call the office immediately.
- 4• 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. Chewing should be done predominately on the side opposite the surgical area. It may be necessary to stick to liquids for the first day if chewing is uncomfortable. Avoid spicy, salty and excessively hot foods and liquids. Please refrain from drinking alcoholic beverage during the first 4-5 days following surgery. Do not use a straw, as suction can start bleeding.
- 5• ANTIBIOTICS:** If prescribed, take them as directed until all are finished as long as there are no adverse reactions or discomfort (itching, redness, etc.).
- 6• MEDICATIONS:** Please follow the instruction on the bottle for any medications prescribed.
- 7• ORAL HYGIENE:** It is important to maintain a normal level of oral hygiene in the NON- OPERATED areas by brushing and flossing. No brushing should be performed on the surgical areas for the first two weeks. If prescribed Peridex, (Chlorhexidine 0.12%) gently rinse with this in the morning and evening. This may be started 24 hours after the procedure.
- 8• SUTURES:** If sutures ("stitches") were placed, your doctor will advise if you need to return to have these removed or if they will dissolve on their own. Do not disturb the sutures with your tongue, toothbrush or in any other way since displacement will impair healing.

If you have any questions about your treatment please do not hesitate to contact us at 305-372-1020.