

# Surgical Post Operative Instructions

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1. As soon as possible, place an ice pack on the outside of your face, ten minutes on, ten minutes off. This should be continued for 24 to 48 hours. The purpose of the ice is to help minimize swelling, which should help make you more comfortable. You can apply a moist warm cloth after 48 hours to improve healing.
2. Some post-operative discomfort is expected. Take the prescribed medication for discomfort. The pain medication works better if you take it while you are still numb. Be sure to take it with plenty of water. Call the office if discomfort cannot be controlled by the medication.
3. Your cheek may become black and blue. This discoloration generally disappears without treatment in one to two days.
4. Do not rinse, eat or drink (except water with medications) for a few hours after the surgery. When the numbness is gone, you may eat. However, do not eat anything that is extremely hot, cold or spicy. Do not eat any hard foods.
5. PLEASE DO NOT SMOKE. This will irritate the area, delay the healing or cause other problems.
6. The surgical site may ooze some blood for a few hours. Do not disturb the surgical area. The oozing should stop by itself. Direct pressure applied with a wet gauze, wet facial tissue or wet tea bag should stop the bleeding, although this is rarely necessary. Do not try to stop the bleeding by rinsing. If the oozing persists, please call your doctor.
7. If an antibiotic has been prescribed you are to take the total amount, unless otherwise directed. If you notice a rash, hives or any other unusual reaction stop taking the medication immediately and call the office or your physician immediately. **If ibuprofen was prescribed, please take one every 8 hours for the first 3 days (even if you are not in pain). You may alternate Tylenol and ibuprofen every 4 hours for additional pain control. If Norco is prescribed, do not combine with Tylenol.**
8. Soft foods are recommended for a few days. Some suggestions are: tuna salad, egg salad, cottage cheese and fruit, eggs, fish, macaroni and cheese, mashed potatoes and soup. Be sure to drink plenty of fluids and fruit juices. Food supplement drinks such as Ensure or Carnation Instant Breakfast are recommended. Do not chew food in the area where the surgery was done. Multivitamins and Vitamin C will speed healing.
9. The corners of your mouth may be sore from stretching. Keep them moist with petroleum jelly or lip balm. Your facial muscles may feel stiff and prevent you from opening your mouth completely for a few days. Moist heat in the form of a warm washcloth applied to the face will help. This condition usually goes away by itself.
10. If PERIDEX or PERIOGUARD, medicated mouth rinse, has been prescribed, mix with Hydrogen peroxide 1:1 to be gently applied to the surgical area with a Q-tip instead of brushing. You may notice a temporary change in your sense of taste with the use of these products.
11. Brush the rest of your teeth twice a day and floss once a day to prevent cavities and reduce plaque. **DO NOT USE AND ELECTRIC OR SONIC TOOTHBRUSH IN THE AREA OF THE SURGERY UNTIL YOU HAVE BEEN CLEARED TO DO SO BY YOUR DENTIST.**

If you have any questions or concerns Please call the office at 248-624-8090