

## WHAT TO EXPECT AFTER SURGERY

### DISCOMFORT

There may be pain following your surgical procedure. To help you control this aspect of surgery, use pain medications as directed. For the majority of surgical procedures, Ibuprofen or Tylenol should be adequate for the pain. Additional pain medications may have been prescribed for more significant pain. DO NOT take these on an empty stomach or nausea may result. If taking prescription pain medication, please do not drive a car or operate any equipment that may be hazardous.

### ACTIVITY

It is recommended that you refrain from working the afternoon of the surgery. Most patients return to work or other activities the next day. Avoid stooping, bending over or lifting heavy objects the day of the surgery.

### DIET

Diet should be limited to soft or semi-soft foods for the first few days. Please do not attempt to chew hard or fibrous foods. It is important to maintain a good diet. Avoid excessively hot liquids for the first six (6) hours after surgery.

### RINSING

No rinsing the first 24 hours. After the first 24 hours have passed, you may then start rinsing with warm salt water. We recommend that you try to do this at least four (4) times a day. Rinsing with peroxide or peridex at least once a day will help in removing debris from around the stitches.

### SWELLING

Swelling may accompany this procedure. It may be partially controlled by using ice packs. The packs must be applied for 15 minutes twice an hour the day of the procedure. After 24 hours, warm, moist compresses may be applied to help reduce swelling.

### BLEEDING

Occasionally, you will notice some blood in your saliva. This is not unusual. If excessive or continuous bleeding occurs, discontinue any rinsing and avoid exertion. Apply direct pressure to the wound for 15 to 20 minutes. If uncontrolled bleeding persists, please contact us. Bruising may appear in the face following the surgery, which is normal.

### FEVER

If you start running a fever, please call the office.

### BRUSHING

It is important that you maintain good oral hygiene during the healing phase of surgery. Brush your teeth as you normally would except for the area of the stitches. You may gently clean this area with a Q-tip or gauze. Do not use a water pik for at least 10 days following the surgery.

### EMERGENCIES

A doctor is on call at all times. In the event of an emergency, please call one of our offices and the doctor on call will be contacted to assist you.

**If you have any questions, please do not hesitate to call.**

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