

POSTOPERATIVE INSTRUCTIONS

Remove Gauze at: _____

You May eat, drink, and take medication starting at: _____

General Instructions:

1. While lips and tongue are numb, do not bite, pinch or rub them. Also, avoid pushing and tugging on any protective covering that may be present.
2. You may tend to feel “dizzy” for a few seconds when you change posture quickly. This effect can last for several hours following surgery. Be aware of this, and ask for assistance in moving about if necessary. Consider yourself at bed rest for at least a twenty-four period following surgery.
3. Following a twenty-four hour period you may begin salt water rinses, or antibiotic rinses per instruction. Salt water rinses should include a gentle rinse, avoiding any spitting. (1/2 teaspoon of salt to 6-8oz glass of luke warm water).
4. **DO NOT** use water spray devices for 6 weeks following surgery, unless otherwise instructed. **AVOID** heavy rinsing, spitting, and drinking through a straw. **NO SMOKING FOR 48 HOURS.** **(Now would be a great time to try and quit 😊)**
5. **When you arrive at home**, have something cool and soft to eat (malt, Jell-O, pudding ect...) **Take any prescribed medication as described on the label.** Lie down in a reclined position with your head elevated.

PAIN An ice pack may be applied to the surgical area for up to 20 minutes on and 20 minutes off during the first 2 hours to control pain & swelling. **Swelling is not unusual.** Please contact our office to report any uncontrollable pain so that we may care for you promptly.

BLEEDING Slight oozing is common during the first day or two following surgery. To reduce the chance of excessive bleeding:

- Do not rinse vigorously for the first 6 hours.
- Avoid physical exertion for 48 hours.
- Avoid carbonated drinks, alcohol, and smoking for the first 24 hours.
- Keep your head elevated with extra pillows during the first 24 hours.

If bleeding is excessive:

- Apply gauze or a moistened tea bag to the surgical area. Apply pressure for 20 minutes.
- Place a zip lock bag full of frozen peas to the exterior area.
- If bleeding persists, please contact our office immediately.

Diet

1. Avoid hot temperature foods.
2. Soft, cool foods are best.
3. Puree vegetables and meats.
4. Increase fresh fruit and Vitamin C intake
5. Avoid popcorn, or any other crunchy foods.
6. **DO NOT** drink from a straw.

**If you have any other questions or concerns, do not hesitate to call our office.
We are here for you!**