

**SURGICAL POST OPERATIVE INSTRUCTIONS**

1. SOME DISCOMFORT SHOULD BE EXPECTED. TAKE SOME TYPE OF PAIN MEDICATION BEFORE THE ANESTHESIA WEARS OFF. 600MG TO 800MG OF MOTRIN, ADVIL OR IBUPROFEN CAN BE ALTERNATED WITH PRESCRIPTION PAIN MEDICATION FOR MAXIMUM RELIEF OF INFLAMMATORY PAIN. IF A NARCOTIC HAS BEEN PRESCRIBED, DO NOT DRIVE UNDER ITS INFLUENCE OR DRINK ALCOHOL.
2. AN ANTIBIOTIC HAS BEEN PRESCRIBED TO PREVENT INFECTION. SIGNS OF INFECTION MAY INCLUDE INCREASED PAIN, SWELLING, TENDERNESS, FEVER OR CHILLS. TAKE ALL OF THIS PRESCRIPTION UNTIL GONE.
3. DO NOT RINSE YOUR MOUTH AT ALL TODAY OR TONIGHT. AVOID VIGOROUS BRUSHING OR FLOSSING OF THE SURGICAL AREA. GENTLE BRUSHING ONLY. DO NOT LIFT OR PULL ON YOUR LIP. THIS CAN TEAR SUTURES.
4. AFTER 24 HOURS, RINSE WITH WARM SALT WATER (1 TEASPOON OF SALT PER 8 OZ GLASS OF WATER) AFTER EACH MEAL AND BEFORE BEDTIME. IF *PERIDEX MOUTH RINSE* HAS BEEN PRESCRIBED, YOU MAY USE IT IN PLACE OF THE SALTWATER (USE IT AS PRESCRIBED). RINSING WITH EITHER OF THESE WILL HELP REDUCE THE CHANCE OF INFECTION AND SPEED THE HEALING PROCESS.
5. REMOVE GAUZE AFTER 30 TO 45 MINUTES AND REPLACE WITH NEW GAUZE IF STILL BLEEDING. EXPECT SLIGHT OOOZING OF BLOODY FLUIDS FOR A DAY OR MORE. SLEEP IN AN ELEVATED POSITION. IF BLEEDING OCCURS, IN AN UPRIGHT POSITION, APPLY FIRM BUT GENTLE PRESSURE TO THE SIGHT FOR 30 MINUTES. YOU MAY APPLY MOIST GAUZE OR A MOIST TEA BAG. IF BLEEDING IS UNCONTROLLED, PLEASE CALL OUR OFFICE IMMEDIATELY.
6. EAT ONLY A COOL TO LUKEWARM, SOFT DIET FOR THE FIRST 24 TO 36 HOURS. AVOID CHEWING IN THE AREA FOR THE NEXT FEW DAYS. HIGH PROTEIN FOODS SUCH AS EGGS, GROUND BEEF, FRUITS, SOUPS, MILKSHAKES, *ENSURE* OR *SLIM FAST* ALONG WITH 2 MULTIVITAMINS 3 TIMES PER DAY ARE GREAT FOR TISSUE REPAIR. DRINK PLENTY OF NUTRITIOUS LIQUIDS.
7. SOME SWELLING AND/OR BRUISING SHOULD BE EXPECTED FOR THE 3 TO 5 DAYS. IT WILL REACH ITS PEAK IN 48 HOURS. USE AN ICE PACK OR BAG OF FROZEN PEAS ON THE OUTSIDE OF YOUR FACE OVER THE SURGICAL AREA. ALTERNATE IN 20 MINUTE INCREMENTS (20 min. on & 20 min. off) UNTIL BEDTIME. KEEPING AN ICE PACK ON THE AREA FOR MORE THAT 20 MINUTES AT A TIME MAY STIMULATE BLEEDING. AFTER 24 HOURS, YOU MAY USE WARM, MOIST PADS TO REDUCE SWELLING IF NECESSARY.
8. DO NOT USE TOBACCO, SMOKE OR ALCOHOL FOR 24 HOURS.
9. RESUME NORMAL ACTIVITIES A DAY OR SO AFTER SURGERY. PLEASE KEEP PHYSICAL ACTIVITIES TO A MINIMUM IMMEDIATELY FOLLOWING SURGERY.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE 270-737-6804**

I HAVE READ AND UNDERSTAND THESE INSTRUCTIONS.

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PATIENT'S SIGNATURE

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DATE