

**Surgical Post Operative Instructions**

1. SOME DISCOMFORT SHOULD BE EXPECTED. TAKE SOME TYPE OF PAIN MEDICATION BEFORE THE ANESTHETIC WEARS OFF. 600MG TO 800MG 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. IF AN ANTIBIOTIC HAS BEEN PRESCRIBED TO PREVENT INFECTION. TAKE ALL OF THIS PRESCRIPTION UNTIL GONE. SIGNS OF INFECTION MAY INCLUDE INCREASED PAIN, SWELLING. TENDERNESS, FEVER OR CHILLS.
3. AVOID VIGOROUS BRUSHING OR FLOSSING OF THE SURGICAL AREA. GENTLE BRUSHING ONLY. DO NOT LIFT OR PULL ON YOUR LIP. THIS CAN TEAR THE SUTURES.
4. BEFORE BEDTIME, RINSE WITH WARM SALT WATER (1 TEASPOON OF SALT PER 8 OZ GLASS OF WATER). THEN CONTINUE FOR THE NEXT 1-2 DAYS, 3 TO 4 TIMES A DAY. IF PERIDEX MOUTH RINSE HAS BEEN PRESCRIBED, YOU MAY USE IT IN PLACE OF THE SALT WATER (USE IT AS PRESCRIBED). RINSING WITH EITHER OF THESE WILL HELP 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 OOZING 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 COLL 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 3 TO 5 DAYS. IT WILL REACH ITS PEAK IN 48 HOURS. USE AND ICE PACK OR BAG OF FROZEN PEAS ON THE OUTSIDE OF YOUR FACE OVER THE SURGICAL AREA. ALTERNATE IN 20 MINUTE INCREMENTS (20 MINS ON & 20 MINS OFF) UNTIL BEDTIME. KEEPING AN ICE PACK ON THE AREA FOR MORE THAN 20 MINUTES AT A TIME MAY STIMULATE BLEEDING.
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**