



After Surgery Instructions

Our goal is to keep you as comfortable as possible during and after your procedure.

General Instructions:

- Be careful not to bite your lips or tongue while numb.
- Do NOT suck, spit, or rinse for the first 48 hours.
- Avoid excessive physical activity for at least 48 hours and limit conversation for 24 hours.
- Minimize lip and cheek movement and pressure during the first 10 days (no blowing up balloons, kissing, etc.)
- Do not consume alcohol for the first week of healing.
- Abstain from tobacco and marijuana (smoking or vaping) during the first week of healing.
- Keep tongue away from sutures and leave them undisturbed. DO NOT attempt to remove them yourself. Resorbable sutures will dissolve in 5-10 days. Nonresorbable sutures will be removed in the office.

Medications:

- Take all medications as indicated on the labels. Be sure to take the first dose of pain medication BEFORE the anesthetic wears off and dose regularly for the first 3 days. After 3 days, use pain medication only as needed. If taking a prescription pain medication, do not mix with alcohol, drive, handle firearms, or work near dangerous machinery and take with food and a full glass of water.
- If taking an antibiotic, follow directions until all pills are gone. Avoid sun and tanning booths. Use a barrier method of birth control for the next two months as antibiotics make birth control pills less effective.
- Discontinue any medication in case of rash, itching, hives, severe stomach upset, swelling of the hands, arms, or legs, or any other adverse reactions and call the office IMMEDIATELY. If you have difficulty breathing or facial swelling in response to a medication, call 911.

Discomfort Management, Swelling, and Bleeding:

- Discomfort and mild swelling are normal for the first 3 days and should begin improving after 72 hours. An icepack applied to the face for 20 minute intervals may be used to control discomfort and swelling the day of surgery (do not use them past this time.) Use warm, moist heat applied for 20 minute intervals to help control continued swelling the days following surgery.
- Any tightness of the jaw muscles or difficulty opening is normal and should disappear within 3 days.
- Slight oozing is common during the first 1-2 days after surgery and can be managed by applying moistened gauze or a moistened tea bag with pressure for 20 minute intervals. DO NOT place anything dry in the surgical area.

Diet & Homecare:

- Drink lots of fluids and avoid carbonated drinks.
- Avoid using a straw for 48 hours!
- Eat mild temperature foods (nothing too hot) and avoid anything spicy or crunchy (popcorn, chips, etc) and foods containing nuts or seeds for the first 2 weeks.
- Do NOT chew in the surgical area (chew on the opposite side).
- Eat a soft food diet for the first 10 days (pasta, scrambled eggs, mashed potatoes, etc).
- Brush and floss the areas not involved in the surgery, but do NOT mechanically cleanse the surgical site until given the okay from the doctor (roughly 10-14 days).
- Do not use a water spray device for 6 weeks following surgery.
- Avoid all commercial mouth rinses which may delay healing.

Please feel free to contact the office at (303) 838-0311 at any time.

