

Post Operative Instructions Following Surgery

1. To minimize swelling; continue to apply an ice pack every 20 minutes at a time, for the first 4-6 hours after surgery.
2. Sleep with your head in an elevated position for the first night (one extra pillow). **Swelling will occur after surgery and is completely normal. It may increase for 48 hours, then gradually subside.**
3. You will experience minor discomfort; use extra-strength Tylenol (no aspirin) every 4-6 hours. For discomfort of a more intense nature, use the prescription(s) provided. **Antibiotics and any other medications prescribed must be taken as directed.**
4. **Please wait for 24 hours before brushing your teeth.** You may then continue with your normal oral hygiene program of brushing and flossing, **except at the surgical site** until your next visit at our office. You may receive a prescription for an oral rinse to keep the surgical site clean.
5. It is important to maintain **proper nourishment**. Maintain a soft food diet for the following 5 days. Keep food away from the surgical site.
6. Avoid hot food or fluids for the following 24-48 hours.
7. **If you smoke, please refrain from doing so for the next 24-48 hours.**
8. **No strenuous exercise for 48 hours.**
9. Keep talking to a minimum for the first day and refrain from lifting your lip to look at the surgical site. Do not push or touch the surgical site.
10. An appointment will be scheduled with our office no later than one week from now to remove the stitches and check the surgical site.

We expect your recovery period to be as uneventful as possible. However, if a question or complication should arise, please call our office.

We would love to hear from you!

Please use the QR code below to leave us a message on our Google Business Page.

Thank you!

