

CARE AFTER SURGERY

For your surgery to be successful you are required to read and follow all the instructions below. Please do so at this time.

SEDATION: Do not drive a car, operate machinery, make any big decisions, or perform tasks that may be adversely affected by impaired mental or physical abilities for the remainder of the day if we have given you any form of sedation medication or while taking a prescribed narcotic.

SURGICAL SITE: For proper healing to occur you are required to keep your tongue, fingers, food, and any other items away from the surgery areas and do not chew in these areas, even lightly, until advised by our office. Wound immobilization is important in proper healing. Do not try and manipulate your lips or tongue to try and view the procedural sites. **Failure to comply with this responsibility may lead to inadequate or compromised healing. This may cause the need to repeat/revise the procedure at your expense.** If a suture (stitch) is loose and it is bothering you, please leave it alone and contact the office.

ICE PACK: Apply to the outside of the face just above (upper jaw) or below (lower jaw) the affected area. Hold very still against the skin. **Alternate 10 minutes on the site and 10 minutes off the site for the remainder of the day. For more complex surgery ice may be used for up to 3 days following a procedure.**

BLEEDING: Red tinged saliva for the first 24-72 hours is considered normal. However, if there is excessive bleeding, such as a dark clot, contact the office or your Doctor immediately.

RINSING: Do not rinse at all the day of your procedure. Sip on ice water and dissolve small chips of ice over your tongue for the remainder of the day of surgery. Avoid drinking or eating any hot liquids and foods the day of the procedure. **Use very warm water soaks 8 times a day starting 2 full days following surgery unless otherwise instructed by the Doctor or staff.**

SWELLING: Swelling or bruising is not unusual. The peak time for swelling can be seen between days 2-4. It is usually well controlled by good initial use of the ice pack and medications taken as prescribed. **You may see an increase in swelling the second day after surgery but if additional swelling begins after 5-7 days after the procedure, please contact the office.**

MOUTH CARE: Oral hygiene procedures should not be performed around the surgical site(s) at all until directed. Do not use of alcohol and/or tobacco products (smoking, vaping, smokeless) after your procedure, as this will interfere with the healing process. If you were given a stent do not remove the day of surgery. You may remove the stent as needed to clean it the day after surgery. **Resume normal oral hygiene in the area other than the surgical site the day after surgery.**

INSTRUCTIONS FOR ANTIMICROBIAL RINSE: Chlorhexidine (Peridex/Perioguard) is a very effective prescription rinse that must be used as follows: Rinse gently with 15mL (mark in cap) for 30 seconds after you clean your teeth not involved with your surgery. Do not eat or drink anything (including water) for at least one hour after rinsing. Before bedtime, rinse again after brushing and flossing. The prescription bottle should last you two and a half weeks. **Rinse gently. Do not swish vigorously, stretching or ballooning the cheeks/lips.**

NUTRITION: On the day of your procedure, restrict your diet to fluids and only soft foods. Good nutrition is essential to proper healing. Avoid drinking hot liquids. Avoid foods that are crunchy or spicy. Do not eat Popcorn or any foods/fruits that contain seeds. Do not drink through a straw for one full week.

CONTACTING YOUR DOCTOR: Always try the office first if you have any questions. If you have urgent needs after normal office hours please contact the Doctor directly.

MEDICATIONS: If you were prescribed an antibiotic take it as directed until it is all gone. If you have a reaction to the medication, please contact the office or your Doctor immediately. Anti-inflammatory drugs should be taken till gone and other analgesics as directed by the assistant and as noted on the bottle. It is suggested that you take your medication with food to decrease GI upset. **See below for details on your prescribed medications.**

MEDICATION SCHEDULE:

Day	Medication	Time
Today:		
Tomorrow & until complete:		