



For Your Comfort After Surgery

Bleeding

Surgical site may bleed up to 24 hours. Bleeding is controlled by placing gauze on surgical site along with light pressure. Keep gauze in and take out when eating.

Oral Hygiene

It is important to keep your mouth clean. Brush teeth well, but stay away from surgical site. The day after surgery rinse gently with an 8-ounce glass full of warm water containing $\frac{1}{2}$ teaspoon of salt, 4-6 times daily.

Pain

Pain medication should be taken for discomfort. The greatest amount of discomfort is in the first 6-8 hours after surgery. Never take pain medication on an empty stomach. Take 2 Tylenol and 2 Advil every 4-6 hours as directed for pain. If a dull ache along with a fever, foul taste and difficulty swallowing worsens after the 4th day contact the office.

Swelling

Moderate swelling and sometimes bruising may occur after surgery. Apply ice packs for 15 minutes on and 15 minutes off to minimize swelling. You may use moist heat after 36 hours following surgery.

Smoking

Please do not smoke following surgery. Tobacco smoke is an irritant to healing tissue and restricts blood circulation for good healing. Refrain from smoking as long as possible.

Alcohol

Do not drink alcohol for 48 hours after surgery.

Diet

It is important to maintain good nutrition following surgery. Eat a soft, lukewarm diet the day of surgery. Eat whatever you like the day after surgery, but stay away from hard, sticky foods.

If you have any questions please call our office