

Post-Surgical Instructions

MEDICATIONS/PRESCRIPTIONS:

- If an antibiotic is prescribed, take it until finished
- All medications are to be taken as instructed
- No driving when taking pain medication
- Take pain medication **prior** to getting discomfort
- You must eat to prevent nausea and or vomiting
- If you develop a rash or itching, then STOP taking all medications and call your office immediately.
- If you experience breathing problems, wheezing, swelling around eyes not related to surgery CALL 911!!
- Please be advised that if the doctor prescribed antibiotics, an alternative form of birth control must be utilized during that period of time.

BLEEDING:

- If gauze is placed over the surgical site it serves as a pressure bandage then please leave it in place for 30 minutes or as directed by the office.
- Remove gauze when eating or taking medications
- A small amount of oozing is normal. Blood tinged saliva may be present for 24-48 hours. You may wish to cover your pillow with a towel to avoid staining.
- Rest with your head above your heart; meaning rest with head elevated on 2 or more pillows for the first day.
- Excessive bleeding can be controlled by placing a tea bag over the surgical site for 30 minutes while applying light digital pressure.

SWELLING:

- Swelling for the 72 hours after surgery is normal
- Ice packs should only be applied for the first 24 hours after surgery. *Plastic bags filled with crushed ice and wrapped in a towel or a commercial ice bag are a good mode of application.
- Apply ice for 20 minutes and then leave off for 10 minutes
- **AFTER** 24 hours **only**, you may use warm moist heat. This can be applied by taking a hot shower or with a wash cloth moistened with warm water and then applied to the outside of the face, cheek, and or chin.

RINSING:

- Avoid rinsing, spitting, drinking through a straw and mouth rinses containing alcohol for the first 24 hours as it may prematurely dissolve the blood clot.
- Rinsing gently with warm salt water (use one teaspoon of table salt in 8 oz of warm water), after meals and at bedtime for the next 14 days is important. After 72 hours, a more vigorous rinsing is encouraged after meals and at bedtime for the next ten days.