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POST-OPERATIVE INSTRUCTIONS

It is important that these instructions be followed carefully. They may prevent needless alarm or worry as well as post-surgical complications.

1. Expect moderate discomfort, nausea, swelling and oozing in the immediate 24 hours following surgery, this is normal. However, SEVERE pain or bleeding etc. should result in immediate notification of the doctor.
2. **BITE ON GAUZE FOR A FEW HOURS.** Change gauze every 30 to 45 minutes until bleeding stops. Do not disturb the area with fingers or by sucking on it. No rinsing or spitting for the first day. **DO NOT USE A STRAW** or smoke for 3 days. No alcoholic beverages for the next 3 days. Tomorrow start rinsing with warm salt water (2 tsp. salt to 8 oz. warm water) 4 times a day for a week until all tenderness is gone. Resume oral hygiene 24 hours after surgery.
3. **DIET:** Nourishment for the first day is very important. Dehydration hinders healing. After the gauze is removed if nausea is present the patient may have clear liquids. Otherwise a full liquid or soft diet should be resumed as soon as possible. **PLEASE NOTE:** Medication (pain pills) should not be taken on an empty stomach.
4. **PAIN:** The first 12 to 24 hours after surgery are usually the most difficult. Take a pain pill after removing the gauze and before anesthetic disappears. From then on please follow the directions of the prescription.
5. **BLEEDING:** Some oozing is normal following all procedures for 24 to 48 hours. However excessive bleeding should be controlled. Place a sterile gauze or warm moist tea bag over the wound. Hold firmly for 45 minutes by closing your teeth together. If bleeding does not subside call the doctor for further instructions.
6. **SWELLING:** In order to minimize the swelling which may occur after surgery, use an ice pack on the outside of the face 20 minutes on each side, alternating side for the first 24-36 hours. On the third day, place warm moist compresses on each side for the first 24 hours.
7. **NAUSEA:** Nausea can occur especially after a general anesthesia. Clear liquids such as broth, 7-up, Jello, or tea should be taken rather than solids, until the nausea subsides, after which a normal diet may be resumed. Dramamine or Emetol, both of which are available without a prescription, are also advisable for controlling nausea. Persistent, moderate to severe nausea, you should call the doctor.
8. If packings have been placed, you are to return to the office for their removal unless otherwise instructed.
9. The patient should be observed continuously upon returning home for a minimum of 24 hours. Ambulation with assistance for the first 24 hours.
10. If difficulty in breathing, fever, or if any other disturbing problems should develop after leaving the office, you should call the doctor immediately.
11. If other than local anesthesia was used, you should not drive or operate machinery for 24 hours. Limit activity requiring full concentration power, i.e., making significant personal or business decisions, since full mental alertness may not return for several hours.

*****ACTIVITIES: The patient should be walked to any area of the home during the first 24 hour period.***
While the patient is lying down keep the head elevated with an extra pillow.**

FOLLOW-UP

Usually post-operative appointments, suture removal and dressing changes are at 7:45 a.m. or 4:15 p.m. If these times are inconvenient please arrange for an appointment.

If any problems develop or you have a question about your surgery, please call the office: 742-6136.

If unable to reach the office, please call the answering service: 882-1729.

**IF YOU HAVE ANY QUESTIONS ABOUT THESE INSTRUCTIONS,
PLEASE CALL OUR OFFICE**