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SURGICAL AFTERCARE INSTRUCTIONS

- Discomfort:** Some mild to moderate discomfort is not uncommon. For this reason, you have been given a prescription for pain medication. Please have this filled immediately and take the first tablet before your anesthesia wears off. Take only as instructed. Do not mix with alcohol, other medications, and use caution operating heavy equipment, or any motor vehicle.
- Swelling:** Most discomfort after a surgical procedure is due to swelling of the affected tissues. A good way to minimize swelling and the discomfort it causes is by using an ice pack. Place the ice pack on the area for 20 minutes, and then remove it for 10 minutes. Repeat this cycle for a period of 3-4 hours.
- Bleeding:** Slight bleeding or oozing is normal for the first 24 hours. If bleeding persists or is excessive, please call.
- Food:** For your comfort, try to eat on the side opposite the surgery. Eat a soft diet (jello, ice cream, pudding, yogurt, toast, or whatever feels comfortable) and drink plenty of fluids. If eating is difficult, a diet supplement (Nutriment, Slender) is recommended.
- Brushing:** Don't stop brushing; a clean mouth will heal faster. Use a soft brush in all areas except directly around the surgical site. After 24 hours, you may also use warm salt water rinses to help keep your mouth clean.
- Activity:** Stay quiet for 24-48 hours. Avoid strenuous activity. This includes running, aerobics, weightlifting, etc.
- Don'ts:** Do not disturb the area. Do not lift up your lip to get a better look. Do not spit, smoke, or drink through a straw. Do not use any commercial mouth rinses, peroxide, or any "Waterpik" type devices.
- Do:** Please call tomorrow so we can make sure you're feeling well and that everything is healing as it should. Please report any unusual symptoms such as excessive bleeding, swelling or elevated temperature immediately. You will also need to return for suture removal.

If you have any problems or questions, call the phone numbers above as soon as possible.