

## **Post Operative Instructions**

1. **Apply cold compresses** to outside of face in the area of surgery, 20 minutes on, 20 minutes for the first 24 to 48 hours. It is not unusual to have post-operative swelling. If swelling does occur, it should begin to decrease after the third day.
2. **Some swelling should be expected**; however, it will reach its maximum in 48-72 hours, and then it will start to decrease.
3. **If prescribed antibiotics**, take as directed until all medication is consumed. Take pain relievers as directed but only as often as is necessary to manage the discomfort.
4. **Do not rinse your mouth for the first 24 hours**. You may use a warm saltwater rinse after the first 24 hours.
5. **Starting the day after your treatment**, rinse gently after meals or snacks. Continue for at least one week.
6. **For the first 24 hours, eat soft, cool foods** that can be easily chewed or swallowed. Avoid eating or drinking hot foods or liquids (coffee, soup, etc).
7. **Do not raise your lip or pull on the cheek** to look at the surgical site. This might tear the sutures (stitches).
8. **A little bleeding or oozing is normal** after the surgery. If worried, place slightly damp gauze firmly against the area for 20 minutes or longer if necessary. If bleeding continues, please call our office.
9. **Avoid brushing and flossing for the first 48 hours** in the surgical area. After 48 hours, brush and floss very delicately.
10. **Do not smoke, spit, blow your nose, or take any alcoholic beverages** for the first 24 hours. These actions may delay healing and cause complications.
11. **You may resume anticoagulant therapy** (aspirin, coumadin, etc) 24 hours after your procedure, unless otherwise instructed.