

## Surgical Post-Operative Instructions

***For optimal healing, please read and follow the instructions below carefully***

- Do not lift or pull on lip. This may cause tearing out of sutures.
- Use cold application (ice pack) over operated area as soon as possible – ½ hr. at first; ten or 15 minute intervals (15min on – 15min off) for next 6-8 hours. Also apply the ice pack over the area for 20 min. prior to going to sleep. A plastic “baggie” with ice is a good ice pack.
- Slight bleeding during the first day is normal.
- Do not rinse mouth vigorously for 24 hours.
- After 24 hours, gently rinse mouth with warm water after each meal & before bed. Continue this rinsing until healing is complete.
- Brush the teeth gently, and keep the mouth clean as possible. This will help speed the healing.
- Avoid all heavy chewing. Do all chewing on the other side of the mouth.
- Use foods that will be nourishing but will not require vigorous chewing. (Eggs, soups, smoothies, etc.).
- Some swelling and discoloration is normal and will gradually disappear. Swelling usually occurs overnight and the following 2-3 days after surgery.
- If any unusual symptoms develop, please contact our office for further instruction. There is a doctor on call at all times.
- Take medications as prescribed. Please report any unusual reactions.
- Sutures will be removed 1-2 weeks after surgery.
- Pain medications containing a narcotic may alter perception. Do not drink alcohol, drive, or work under hazardous conditions while taking this type of pain medication. Often times, over-the-counter Ibuprofen, Aspirin, or Tylenol (if unable to take NSAIDs), taken as directed will suffice.