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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 etc. should result in immediate notification of the doctor.
2. **BLEEDING:** Some oozing is normal following the procedure for 24-48 hours. **BITE ON GAUZE** with firm pressure if bleeding is persistent and change gauze every 30-45 minutes until bleeding is a light pink. Do not disturb the area with fingers or tongue. Excessive bleeding should be controlled by placing moist, caffeinated tea bag over the wound. Tea bag should be non-flavored and non-herbal. Black tea works best. Wet the tea bag, ring out, and bite firmly for 20 minutes. If bleeding does not subside call the doctor for further instructions. Also, any stitches will dissolve in 7-10 days so try not to play with them with your tongue.
3. **NO RINSING, NO SPITTING, SUCKING THROUGH STRAWS OR SMOKING** for the first 3-5 days. Also, no alcoholic beverages for the next 3 days. Tomorrow start rinsing lightly with warm salt water (2tsp.salt to 8oz warm water) 3 times a day for a week until tenderness is gone. Do this by tilting your head side to side; **NO HEAVY SWISHING.** Hang over the sink to let everything run out, including when you brush your teeth. Resume oral hygiene (brushing) 24 hours after surgery.
4. **DIET:** Nourishment for the first day is very important. Dehydration hinders healing. You may remove the gauze to eat or drink (if bleeding is still present). A full liquid to soft diet should be resumed as soon as possible. PLEASE NOTE: Medication (pain pills) should not be taken on an empty stomach.
5. **NAUSEA:** Nausea can occur especially after general anesthesia. Clear liquids such as broth 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 over-the-counter, are also advisable for controlling nausea. If you have persistent moderate to severe nausea, you should call the doctor for further instructions.
6. **PAIN:** The first 12-24 hours after surgery are usually the most difficult. Take a pain pill, removing the gauze first if still bleeding, before the anesthetic wears off. Local anesthetic usually lasts between 60-90 minutes. From then please follow the directions on the prescription(s) bottle.
7. **SWELLING:** In order to minimize the swelling which may occur after the surgery, use an ice pack on the outside of the face for the first 24-36 hours. Alternate between sides by holding the ice pack on the side of the face for 20 minutes and 20 minutes off. The third day after surgery will be the peak day of swelling. On this day, you may place warm, moist heat packs on each side of the face for 20 minutes on and 20 minutes off, alternating between sides. This will help relax the swollen muscles.
  - a. While the patient is lying down, keep the head elevated with an extra pillow or sit upright to help reduce the amount of swelling. The less swelling, the less pain you will experience.
8. If you have difficulty breathing, a fever, or any other disturbing problems that develop after leaving the office, you should call the doctor immediately
9. If general anesthesia was used, the patient should be observed continuously upon returning home for a minimum of 24 hours. The patient may also need assistance for regular activities during the first 24 hours. Do not do any physical labor (i.e lifting heavy items, exercise, etc.) for the first 2-3 days. This could increase your chances in prolonged bleeding,
10. 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 be returned for several hours.

**\*\*FOLLOW- UP\*\***

Usually post- operative appointments, suture removal and dressing changes, are at 7:50am or 4:15pm. If these times are inconvenient please call

and arrange an appointment.

If you are unable to reach the office or it is after 5pm, please call the answering service (520)292-9222.

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