

POST SURGICAL INSTRUCTIONS

ACTIVITY

After leaving the office, relax for the remainder of the day. Keep your head elevated and sleep with 2-3 pillows the first night after surgery. Avoid strenuous activity for several days. Sunbathing should be avoided for two days after surgery to avoid swelling and fatigue. Avoid smoking as it will delay healing. Also avoid alcoholic beverages while taking the prescribed medications.

DIET

For the first few days, soft food can be eaten. Try to avoid spicy, crusty, acidic or seedy types of food. Chewing should be done on the side opposite the surgical site. Although it is necessary to maintain a relatively normal diet throughout the course of healing, it may be necessary to eat soft foods for several days. Do not use a straw, as suction can cause bleeding.

SWELLING/DISCOMFORT

Swelling/discomfort can be minimized by the use of ice/cold packs in 15 minute intervals for 24-48 hours after surgery. Some swelling may be present the day after surgery and usually peaks at 48 to 72 hours. This should disappear after 6 to 7 days. Cool/cold liquids and soft foods only for 24 hours after surgery. Discomfort is expected and is usually controlled with the medications prescribed. The discomfort usually will disappear shortly after the sutures have been removed and the dressing changed. You may experience a feeling of slight weakness during the first 48 hours.

BLEEDING

There should be minimal bleeding after the surgery is completed. There may be a red discoloration of the saliva for several hours. If there is considerable bleeding, apply uninterrupted pressure to the inside of the mouth for 20-30 minutes. Use moist gauze or a moist tea bag to apply pressure over the surgical area. If there is no change in the amount of bleeding contact your doctor.

CARE OF DRESSING

If a dressing has been placed over the surgical site, avoid the area as much as possible. The dressing is primarily for your comfort and to protect the surgical area during healing. Should the dressing or a portion of the dressing become loose or come off and there is no discomfort, healing will proceed provided the area is cleaned with the prescribed rinses.

ORAL HYGIENE

It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing. Where there is dressing, brush the tops of teeth lightly and apply prescribed rinses with cotton swab or by holding the rinse in place for 30-60 seconds. Warm salt water rinses can be used in the same manner starting 36 hours after surgery and will expedite healing.

MEDICATIONS

Please follow the instructions for any medication prescribed. If adverse reactions to those medications occur, such as nausea, vomiting, allergic reactions please discontinue the medication and contact your doctor. To avoid medication side effects, such as upset stomach, take medication with food.

CONTACT INFORMATION

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