

POST-SURGICAL INSTRUCTIONS

SWELLING

1. Some swelling may occur and is normal. (Maximum swelling will be in five days)
2. Today use an ice pack on the operated area (15 minutes on, 15 minutes off) for a minimum of four (4) hours, but ideally until you go to bed. Sleep on two (2) pillows.
3. Tomorrow and next few days, if swelling is present, use ice packs in the same manner to reduce swelling.

FOOD

1. Eat whatever you are able to handle, especially a semi-soft diet high in protein. Example foods are: eggs, cottage cheese, custard, yogurt, fish, pasta, potatoes, soups, soft vegetables, etc. It is important that you eat even if you do not feel like it, as the medications may make you sick if your stomach is empty.
2. Drink plenty of fluids.
3. Avoid sticky, crunchy, chewy, or spicy foods until your first post-op appointment

PHYSICAL ACTIVITY

You should remain calm with little or no vigorous activity for 72 hours. Increased physical activity during this time may cause excessive bleeding.

BLEEDING

1. Minor bleeding or occasional blood stains in the saliva is not unusual for the first three days. Expect possible blood stains on your pillow in the morning.
2. Prolonged bleeding can usually be controlled at home with pressure applied to the area for at least twenty (20) minutes (repeated as necessary) or by applying a wet tea bag.
3. Avoid smoking as it can promote bleeding.
4. If several attempts to control bleeding with the above-mentioned technique fail to stop bleeding, please call our office.

DISCOMFORT & MEDICATIONS

1. We recommend 600 mg of Ibuprofen (Motrin, Advil, or generics are all fine) every six (6) hours to control pain or swelling. If this is inadequate, please take the narcotic pain medication as prescribed.
2. Follow directions closely on prescribed medication.
3. In case of any reaction to medication, i.e. itching, rash, stop taking the medication and please notify our office.

ORAL HYGIENE

1. No brushing the surgical site until your first post-operative appointment. Please use the prescribed mouth rinse twice a day. The mouth rinse should ideally be used by applying with a cotton swab on the surgical site with a gentle touch.

QUESTIONS

If you have any concerns or questions that are not answered by these instructions, please contact our office at (925) 937-6350 during regular business hours. If you have a question or concern after hours, please call Dr. Lacrampe on his cellular phone at (925) 518-5973.